

# COSMOPOLITAN

SEPTEMBER 2015

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# COSMOPOLITAN

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Edie Campbell

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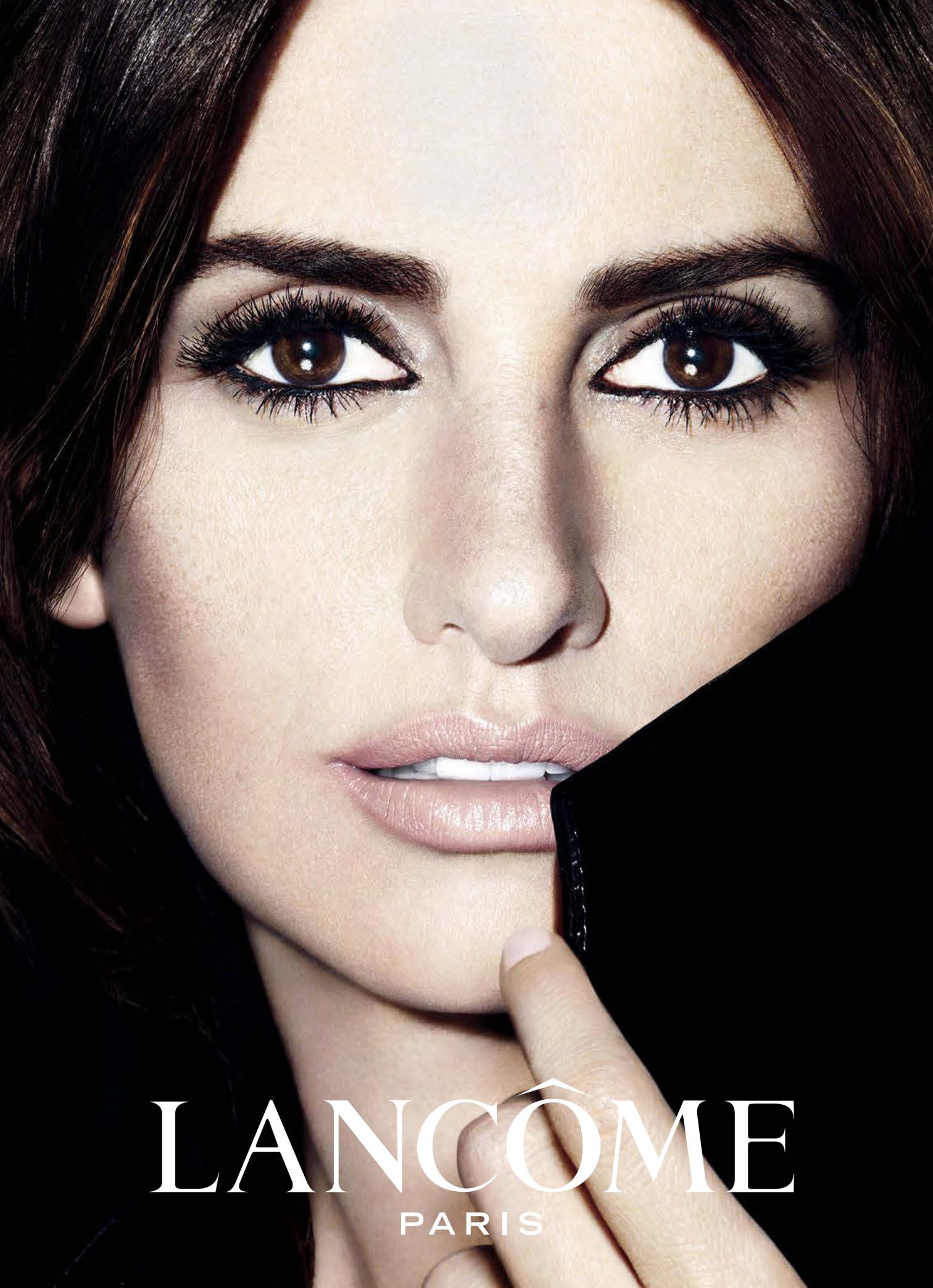
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A woman with blonde hair, wearing a denim jacket over a plaid shirt and jeans, stands on a boat, arms outstretched. The background is a body of water. Overlaid on the image is large, white, bold text that reads 'SOUTH ARE'. The 'S' is at the top left, 'OUTH' is in the center, 'OUT' is on the left side of the woman's leg, and 'ARE' is at the bottom. The 'S' and 'OUTH' have a distressed, textured look, while 'OUT' and 'ARE' are smoother. In the bottom right corner, there is a small circular logo with a stylized 'S' and 'R' intertwined.

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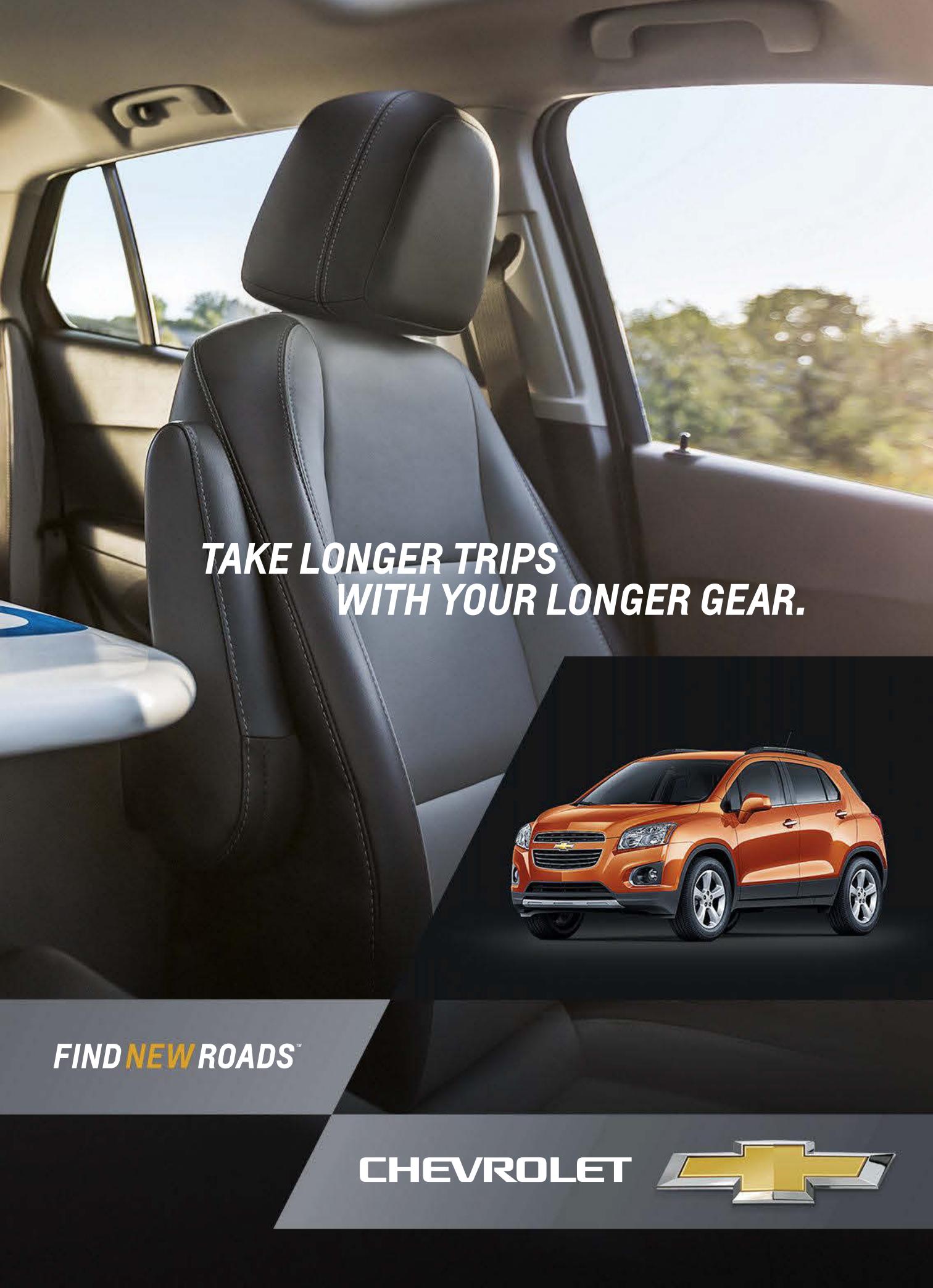
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170

DRESS, *Anthony Vaccarello*. EARRINGS, *Lorenz Bäumer*. RINGS, *Lynn Ban* for *Donna Karan*

## COVER STORIES

It's September! Look amazing with Top-Shelf Beauty Under \$10 (124) and Get-Fit Secrets for a Tight Bod (138). Discover Hot Sex Tonight: The #1 Way to Bring You Closer (194). Ask, “Have You Been Lifting?”—try our 5 No-Fail Pickup Lines (208). Learn how Demi Lovato Triumphs Over All the Bullsh\*t! (164). Plus, reach your #JobGoals: Do What You Love, Get a Fat Paycheck (215).

## FEATURES

“My Boss Sexually Harassed Me—and a Jury Awarded Me \$18 Million” reveals one woman’s work nightmare (156).



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**“While my boyfriend and I were having sex, his dog came into the room...”**

CONFESIONS AND WORST DATES EVER (66)



## CULTURE CRUSH

Check out the Sexiest Gentlemen Alive (71). Natasha Leggero tells all in Who's That Girl? (72). Meet Cosmo Guy Henry Cavill (80), and Don't Hate the Healthie (74). Behold, Fun, Fearless... Fail! (76) Go from Safe to Sexy minus the Skanky (78). And read about "The Pants That Almost Ruined My Relationship" (84).

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# FACE FORWARD

Dress for yourself. Dream big.  
Find your voice. And put it out there.

Tavi Gevinson #faceforward

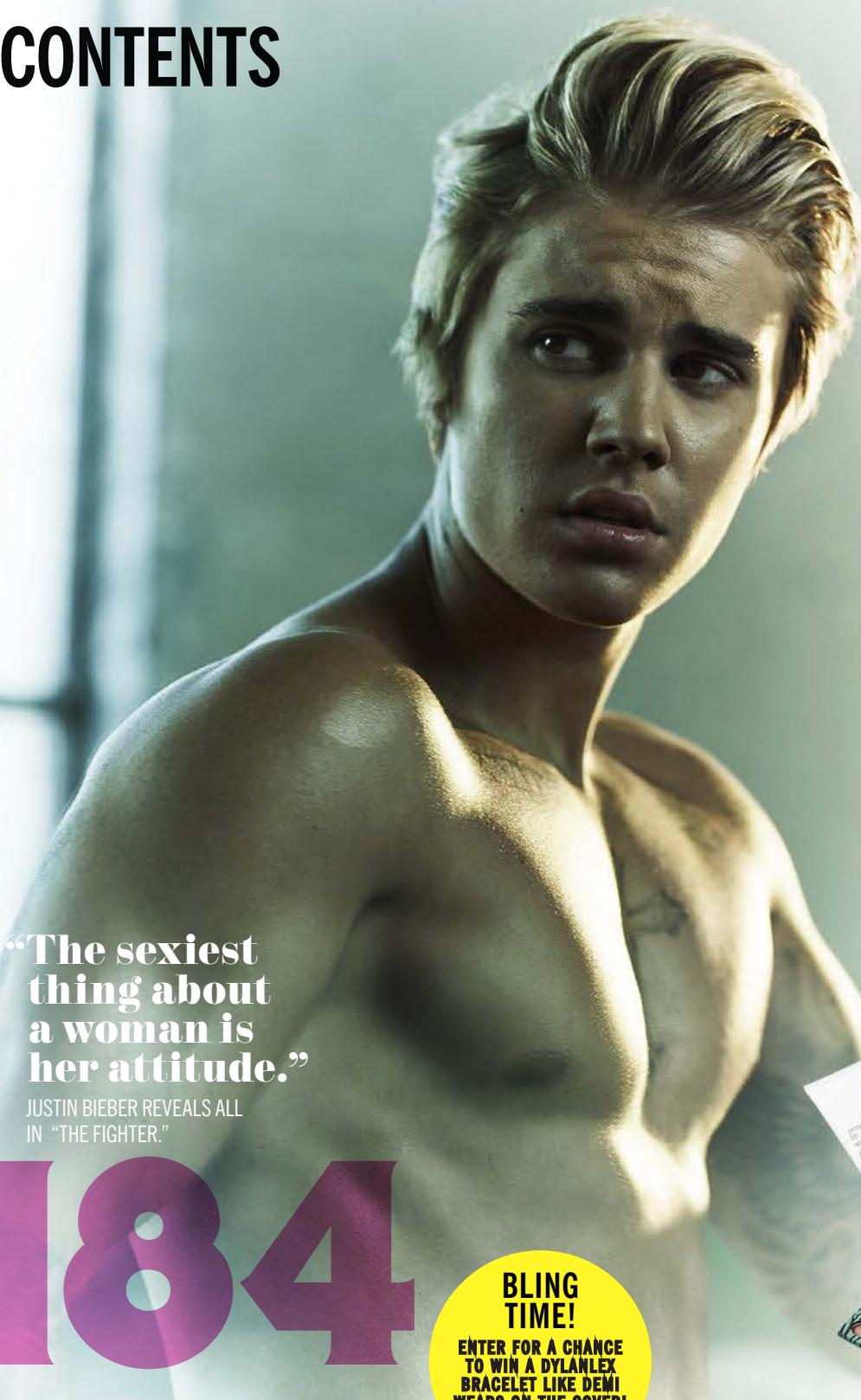
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**“The sexiest thing about a woman is her attitude.”**

JUSTIN BIEBER REVEALS ALL IN “THE FIGHTER.”

# 184

## GET DEMI'S LOOK

Newsstand cover: Romper, Naeem Khan; earrings, Knight\$ of New York; bracelets, rings, Dylanlex. Subscriber cover: Dress, Alexandre Vauthier Haute Couture; earrings, Rebecca Minkoff; necklace, Sydney Evan; hand bracelet, ring, Yprem. To get Demi's look, try Cheek Glow Blush in Sutton Place Peach, Brow & Liner Pencil Twin Pack in Dark Brown, Sky Rise Lengthening Mascara, Big Bold Plumping Lip Gloss in Pleasantly Plump Pink, and Long Wearing Nail Enamel in French White Tip, all by NYC New York Color. Hair: Ben Skervin using Oribe. Makeup: Jill Powell for Dew Beauty Agency. Manicure: Mei Kawajiri for Orme Square. Prop Stylist: Jared Lawton at Apostrophe. Fashion Director: Aya Kanai. Photographed by Tesh.

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**BLING TIME!**

ENTER FOR A CHANCE TO WIN A DYLANLEX BRACELET LIKE DEMI WEARS ON THE COVER! SEE P.235 FOR DETAILS.



## LOVE LUST

Hit the lights—Making Love Is Cool Again (191). Also, Would You Date a Much Older or Much Younger Man? (196). Get inside the heads of Girls Who Like Boys Who Like Boys (200). And “Sorry, I Don't Buy That Tech Is Making Us Bad @Friendship” (204). Plus, “I Hired a Hooker With My Husband” (206), Manthropology (208), Ask Him Anything (210), and Sex Q&A (212).

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## WIN IT!

THIS KOOBÁ BAG, FILLED WITH THE SEASON'S LATEST BEAUTY PRODUCTS, COULD BE YOURS! ENTER FOR YOUR CHANCE TO WIN AT COSMOPOLITAN.COM/KOOBÁ2015. FOR DETAILS, SEE PAGE 235.



BIEBER: ANTHONY MANDLER; BAG: STUART TYSON/STUDIO D; BEAUTY STILLS: MATTHEW QUINLAN. SEE PAGE 234 FOR SHOPPING INFORMATION.

# FACE FORWARD

Spin your own story. Take some risks.  
Seed something new.  
And make it your business.

Hannah Bronfman #faceforward

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1

**FEED** your mane with the veggie proteins in Sachajuan's Ocean Mist line (\$32, [barneys.com](http://barneys.com)).

**2. SALIVATE** over recipes in lifestyle guru Lorna Jane Clarkson's book *Inspired*.



**3. HOARD** all the avocados—National Guacamole Day is September 16.



**4. DOUSE YOURSELF** in Miu Miu's first fragrance (from \$66, [neimanmarcus.com](http://neimanmarcus.com)).



**10. DROP F BOMBS** for AIDS awareness with the Alicia Keys fronted Give a F\*ck campaign ([keepachildalive.org](http://keepachildalive.org)).

# 35 THINGS TO DO THIS MONTH

**7. GET ON IT!** Tickets for Cosmo's Fun Fearless Life conference (presented by Maybelline New York—see their Lasting Drama Gel Pencil in Lustrous Sapphire, \$8, drugstores, [here](http://here)) go on sale Sept. 7 ([cosmopolitan.com/funfearlesslife](http://cosmopolitan.com/funfearlesslife) for info).

**5. GET AN EYEFUL** of Kehinde Wiley's pioneering portraits at the Modern Art Museum of Fort Worth ([themodern.org](http://themodern.org)).



**TUNE IN** as host Andy Samberg makes sure everything is awesome at this year's Primetime Emmys (Sept. 20, Fox).



**9. MUPP IT** Kermit and Miss Piggy together at last? ABC's mockumentary *The Muppets* (Sept. 22) is gonna be ribbit-ing.



**8. BALL SO HARD** The U.S. Open kicks off Aug. 31. Whiplash is a given with superstars like Serena expected to hit the court.

BEN GOLDSTEIN/STUDIO D; CLOCKWISE FROM TOP LEFT: LORNA JANE: MASA44/SHUTTERSTOCK; COURTESY MODERN ART MUSEUM OF FORT WORTH; CHRISTOPHER POK/GETTY IMAGES; ERIC MCCANDLESS/ABC; PAUL ZIMMERMAN/WIREIMAGE; COMPANY; EMRAH TURDU/GETTY IMAGES; COURTESY OF LORNA JANE; ERIC MCCANDLESS/ABC; PAUL ZIMMERMAN/WIREIMAGE.

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# O·P·I

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LACQUER SHADES LEFT TO RIGHT: A GREAT OPERA-TUNITY • IT'S A PIAZZA CAKE • WORTH A PRETTY PENNE • TIRAMISU FOR TWO • AMORE AT THE GRAND CANAL  
GIMME A LIDO KISS • BE THERE IN A PROSECCO • I CANNOLI WEAR OPI • GELATO ON MY MIND • PURPLE PALAZZO PANTS • O SUZI MIO • MY GONDOLA OR YOURS?  
VENICE THE PARTY? • BAROQUE.. BUT STILL SHOPPING! • ST. MARK'S THE SPOT



**PUT A RING ON IT**

...or five. Treat yo'self to David Yurman's new candy-colored pinkie rings ([davidyurman.com](http://davidyurman.com)).

**movies**

- **20. HAVE A FLING** Alison Brie and Jason Sudeikis try out *Sleeping With Other People* (Sept. 11).
- **21. CLOCK IN** as Anne Hathaway plays Robert DeNiro's boss in *The Intern* (Sept. 25).
- **22. SEE DYLAN RUN** Dylan O'Brien starts phase two of the riskiest puzzle ever in *Maze Runner: The Scorch Trials* (Sept. 18).
- **23. APPLAUD** wunder-kind Elle Fanning's turn as a transgender teen in *Three Generations* (Sept. 18).
- **24. SPOT THE CELEBS** (Gigi! Miley! Katy!) in the doc *Jeremy Scott: The People's Designer* (Sept. 18).

**12. ACE** your fall style syllabus. Aldo and Target team up on new line A+ (\$44.99, [target.com](http://target.com)).

**television**

- **16. STAY UP PAST BEDTIME** *The Late Show With Stephen Colbert* premieres Sept. 8 (CBS) and *The Daily Show With Trevor Noah* drops Sept. 28 (Comedy Central).
- **17. GET ADDICTED** to new and returning shows. *Blindspot*: Jane Doe is like Jason Bourne... with more tats (Sept. 21, NBC). *Fear the Walking Dead*: The prequel to the hit show (Aug. 23, AMC), plus *Heroes Reborn*: A sequel to another (Sept. 24, NBC). *Scream Queens*: It's the bloodiest rush week ever (Sept. 22, Fox). *Empire*: A fresh batch of Cookie (Sept. 23, Fox). *#TGIT*: *Grey's Anatomy*, *Scandal*, and *HTGAWM* return Sept. 24 (ABC).
- **18. GET REAL** with Fred Armisen's and Bill Hader's *Documentary Now!* (Aug. 20, IFC).
- **19. LOL** as Billy Eichner plays socially tone deaf in Hulu's new *Difficult People* (Aug. 5).

**STRIKE A POSE** Behold the style salutation in Derek Lam's new activewear line for Athleta (from \$64 to \$79, [athleta.com](http://athleta.com)).

**13****CARLY RAE JEPSEN**

You'll really, really like her new album, *E·MO·TION* (Aug. 21).

**FIRST HIT:** "When I was 7, I sang The Bangles' 'Eternal Flame' at a talent show. I won \$400—which feels like \$2 billion when you're 7—and bought a Barbie mansion."

**THREE WORDS THAT SUM UP THE ALBUM:** "It was a transitional time for me. I moved to New York and went through a breakup. So I'd say *pining, confidence, and heartache*."

**ABOUT "CALL ME MAYBE":** "That song totally screwed up my dating world at one point. No one could ask for my number because I'd have to be like, 'Well, here's my number, so...'"



**DURAN DURAN**  
The '80s legends enlist rising icons like Janelle Monae for *Paper Gods*.



**MS MR** The beats on this duo's *How Does It Feel* are even brighter than their ensembles.



**26. KICK OFF**  
football season. The Steelers take on the Patriots Sept. 10 on NBC (\$44, [nflshop.com](http://nflshop.com)).

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**Walmart**

# COSMO READS

► 27. **BIG MAGIC**, by Elizabeth Gilbert The *Eat, Pray, Love* author demystifies the tricky business of creativity. We're all ears.

► 28. **THE GATES OF EVANGELINE**, by Hester Young A grieving mother's eerie dreams turn out to be clues to an even eerier mystery.

► 29. **THE SCENT OF SECRETS**, by Jane Thynne Actress-turned-spy Clara Vine infiltrates the Real Housewives of Nazi Germany.

► 30. **FATES AND FURIES**, by Lauren Groff A recounting of a 25-year marriage looks way different when told from both sides of the bed.

► 31. **GIRL WAITS WITH GUN**, by Amy Stewart One hundred years ago, Constance Kopp was well on her way to becoming the baddest chick in the West.

► 32. **THE TAMING OF THE QUEEN**, by Philippa Gregory Kateryn Parr was the last of Henry VIII's six wives... rom-com, this is not.

► 33. **THE GIRL IN THE SPIDER'S WEB**, by David Lagercrantz The dragon-tattooed Lisbeth Salander is back.



Mark your iCals for September 15, when both *The Mindy Project* hits Hulu and Mindy's hilarious new book *Why Not Me?* hits shelves. The follow-up to her hit debut *Is Everyone Hanging Out Without Me?* covers everything from fake friends to that guy who seems perfect in every way (like, works-for-Obama perfect) except for the little issue that he can't properly ask you out. Oh, also: According to Mindy, "sex scenes are the tits." Now you know. It's such an irresistible read, it's no wonder a third book with her friend/sometimes BF/it's complicated BJ Novak is already in the works.

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35. **TAKE** Lena's cue. *Crack Girl in the Woods*, the gripping memoir by Aspen Matis that Ms. Dunham has touted as a must-read.

Katie Holmes

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# Naked Science

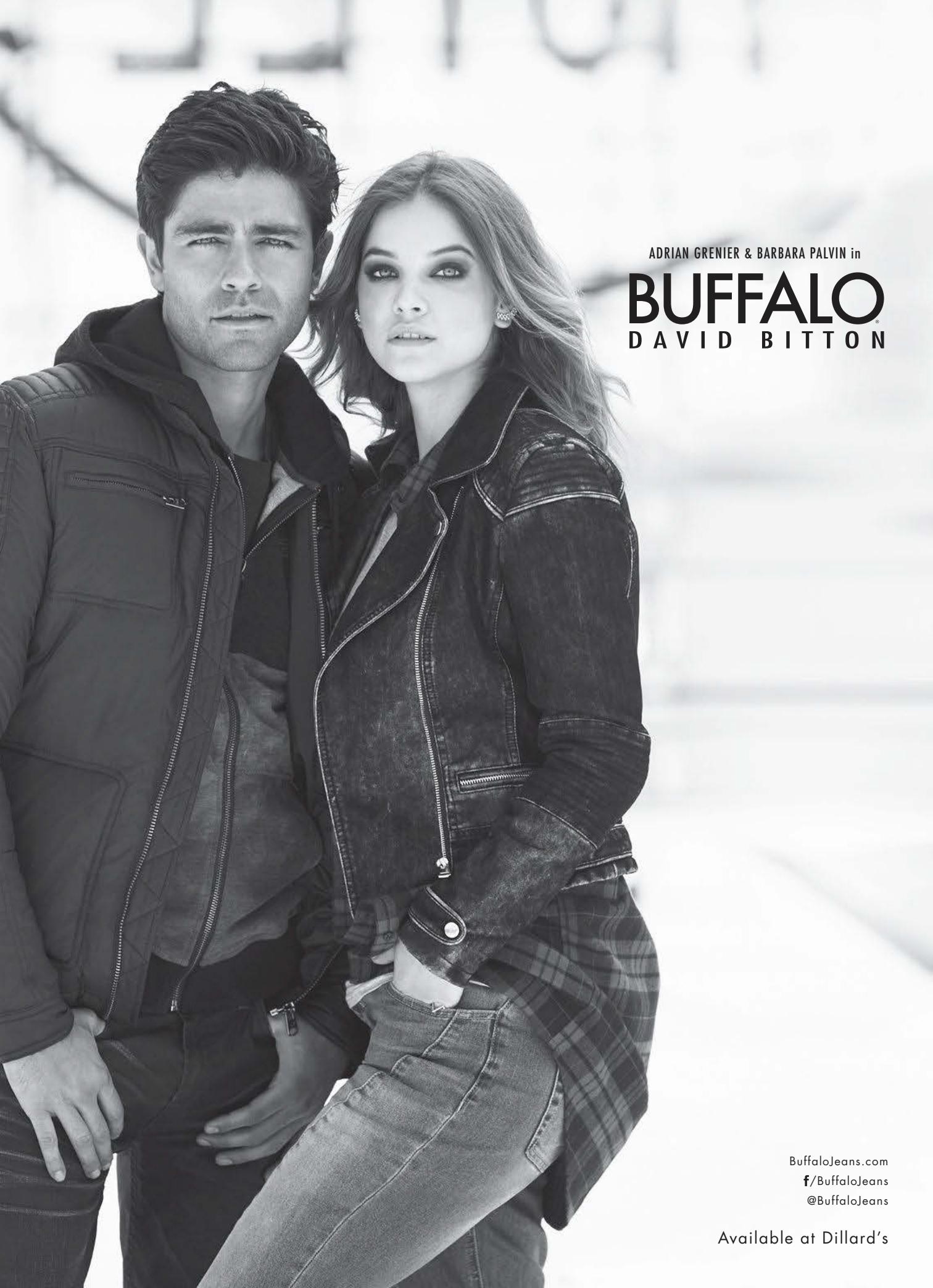
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Thank you, @Cosmopolitan, for the hot July cover! Curvy girls rock too!  
#MyCosmo @NickiMinaj my boyfriend said thx too. 😊

# Cosmotivation

## COSMO CONVO

"Thanks so much for the article 'A Few Good Women' in the July issue. As a woman in the Army, any recognition of women kicking ass in a male-dominated job is uplifting. Makes me proud to be a woman *and* wear a uniform."

—KYLIAN G., 21

"When I began to read 'A Few Good Women,' I was glad. There isn't enough coverage of women in the military, and it is a vastly underrepresented job. However, as a United States Coast Guard veteran, I am hugely offended that only the Department of Defense military branches were depicted."

—SARAH D., 26, FORMER BOATSWAIN'S MATE 2ND CLASS, USCG

### EDITOR'S NOTE

We love all women who serve our country! Our article focused on the lifting of the ground combat arms ban that affected DOD soldiers, marines, airmen, and sailors. The work of the women in other uniformed services—the U.S. Coast Guard, U.S. Public Health Service Commissioned Corps, and NOAA Commissioned Officer Corps—is also awe inspiring. We salute you!



@KIERAROYLE  
**Shout-out to @Cosmopolitan for covering the difficulties of getting birth control. Great topic, great article. #MyCosmo**

### DEPARTMENT OF CORRECTIONS

If you tried to help out girls in developing nations who miss school because of their period by donating to the International Rescue Committee—go you!—and were confused by the website you landed on, that's because we printed the wrong URL in the August issue. Ack! Head to [Rescue.org/Cosmo](http://Rescue.org/Cosmo) and get on with your good self.



A fashionista's dream: newest issue of Cosmo with Sarah Jessica Parker on the cover. #MyCosmo

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Drooling over Biebs? Inspired to rock culottes?

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Cocktail  
of the  
Month

## Painkiller Pops

Celebrate the last days of  
summer with a tropical treat  
from The Beach Club at  
Gurney's Montauk Resort.  
It's basically a boozy day at  
the beach...on a stick!

Stir  $\frac{1}{2}$  cup simple  
syrup,  $7\frac{1}{2}$  ounces  
pineapple juice,  
 $1\frac{1}{2}$  ounces orange  
juice,  $1\frac{1}{2}$  ounces  
coconut milk,  
 $1\frac{1}{2}$  ounces Pusser's  
Rum, and  $\frac{1}{2}$  cup  
crushed pineapple in  
a bowl. Pour  
mixture into 4 ice-  
pop molds—paper  
cups work too—  
and freeze overnight.



PHOTOGRAPHED BY GRANT CORNETT. PROP AND FOOD STYLIST: JANINE IVERSEN.



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PRESENTED BY



**Jessica Harlow**  
Beauty Influencer  
*The Jessica Harlow Blog*



## SECRET OF THE MONTH:

Make a healthy grab-and-go breakfast by scrambling two eggs in a coffee mug instead of a pan. Add a splash of milk and microwave for 1-2 minutes. The result? Super-fluffy eggs without the extra dishes.

Save even more time by applying **NIVEA® Nourishing In-Shower Body Lotion** in the shower. It seals in moisture and leaves skin silky smooth.

How it works:



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Avoid applying to bottom of feet. Thoroughly clean tub/shower with hot water after usage to remove residue and avoid slipping.



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EMMA STONE, ACTRESS

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# FROM THE EDITOR

## OUT OF OFFICE

Traded in the treadmill desk for a real-life hike in Malibu...



CAN'T GET ENOUGH OF ARMANI'S NEW ECSTASY LACQUER. IT'S SO GOOD. SRSLY. (\$38, ARMANIBEAUTY.COM)

# This Happened

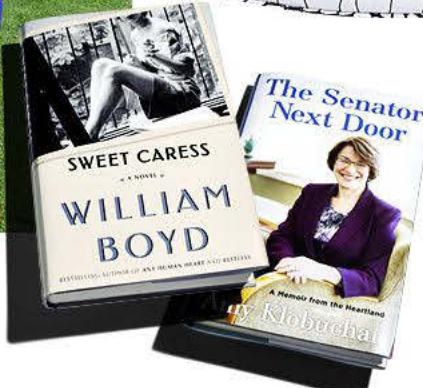
## DEMI AND ME...

...JK! That's actually Cosmo photo director (and fellow blonde) Alix Campbell with cover star Demi Lovato before she dropped the robe to bare it all (see p. 164).



## WINNER, WINNER!

Congrats to Megan Rapinoe (left, with photog Nathaniel Welch on the set of our June feature) and the U.S. women's soccer team for bringing home the World Cup. It was the lucky haircut, right? Wink.



IT'S ALL ABOUT THE FICTION/ NONFICTION MIX: KEEPING MY BOOK DIET BALANCED WITH WILLIAM BOYD'S WONDERFUL SWEET CARELESS AND AMY KLOBUCHAR'S THE SENATOR NEXT DOOR.

## GROUP IT UP

Hanging out at the Hôtel du Cap-Eden-Roc with mega-mom Kris Jenner, her boyfriend Corey Gamble, my colleague Michael Clinton, and the one and only Boy George. Cannes has a weird way of bringing people together!



CLOCKWISE FROM TOP LEFT: HOLLY WHIDDEN (2); COURTESY NET-A-PORTER; JEFFREY WESTBROOK/STUDIO D; COURTESY NATHANIEL WALCH; ALIX CAMPBELL; JEFFREY WESTBROOK/STUDIO D; COURTESY AHNU.



# IGNITE SOMETHING

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# Demetria "Demi" Lovato

NICKNAME(S):

Demi, Dem, D

Coffee MAKES ME  
FEEL FEARLESS.



THE MOST RIDICULOUS  
THING I'VE EVER READ  
ABOUT MYSELF:

That I "Flicked" a  
girl's vagina in a  
meet and greet... :-)

MY IDEA OF A PERFECT DATE NIGHT:

Sweats, popcorn, pickles,  
couch & scary movie  
or crime show!!



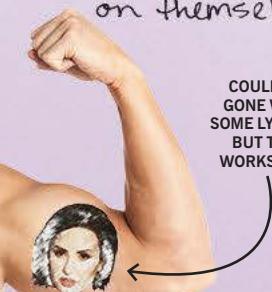
THE SWEETEST THING WILMER'S  
EVER DONE FOR ME:

He surprised me at my  
3 year sober/charity  
event :-)

THE CRAZIEST THING I'VE  
SEEN A LOVATIC DO:

Tattoo my face  
on themselves

COULD'VE  
GONE WITH  
SOME LYRICS...  
BUT THIS  
WORKS TOO.



BRA, SKIRT, Zana Bayne.  
BIKINI BOTTOM, Malia Mills.  
EARRINGS, NECKLACE,  
Me&Ro, CUFFS, RINGS,  
(right hand) Knights of  
New York; (left hand)  
Robert Lee Morris



Keep  
Smiling!!

SPIRIT EMOJI:



all of those

THE SONG FROM MY ALBUM THAT  
I'M MOST EXCITED TO PERFORM IS:

"Stone cold"



BEFORE I GO ONSTAGE,  
I ALWAYS HAVE TO:

Pray w/ my  
band & send  
a video to my love.

ONE THING I WISH I KNEW  
ABOUT RELATIONSHIPS WHEN  
I WAS YOUNGER:

You have to love  
yourself before you  
can love others



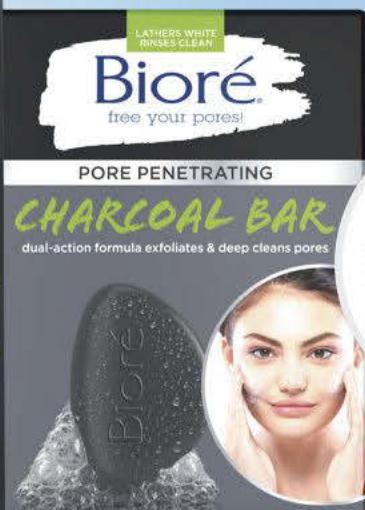
PET PEEVE:

small talk &  
water bottle  
condensation

I love you  
all !! Hope  
you like my  
boobies !!

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DIRTY DETAILS TO  
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OR TWEET YOUR TALES  
TO @COSMOPOLITAN!

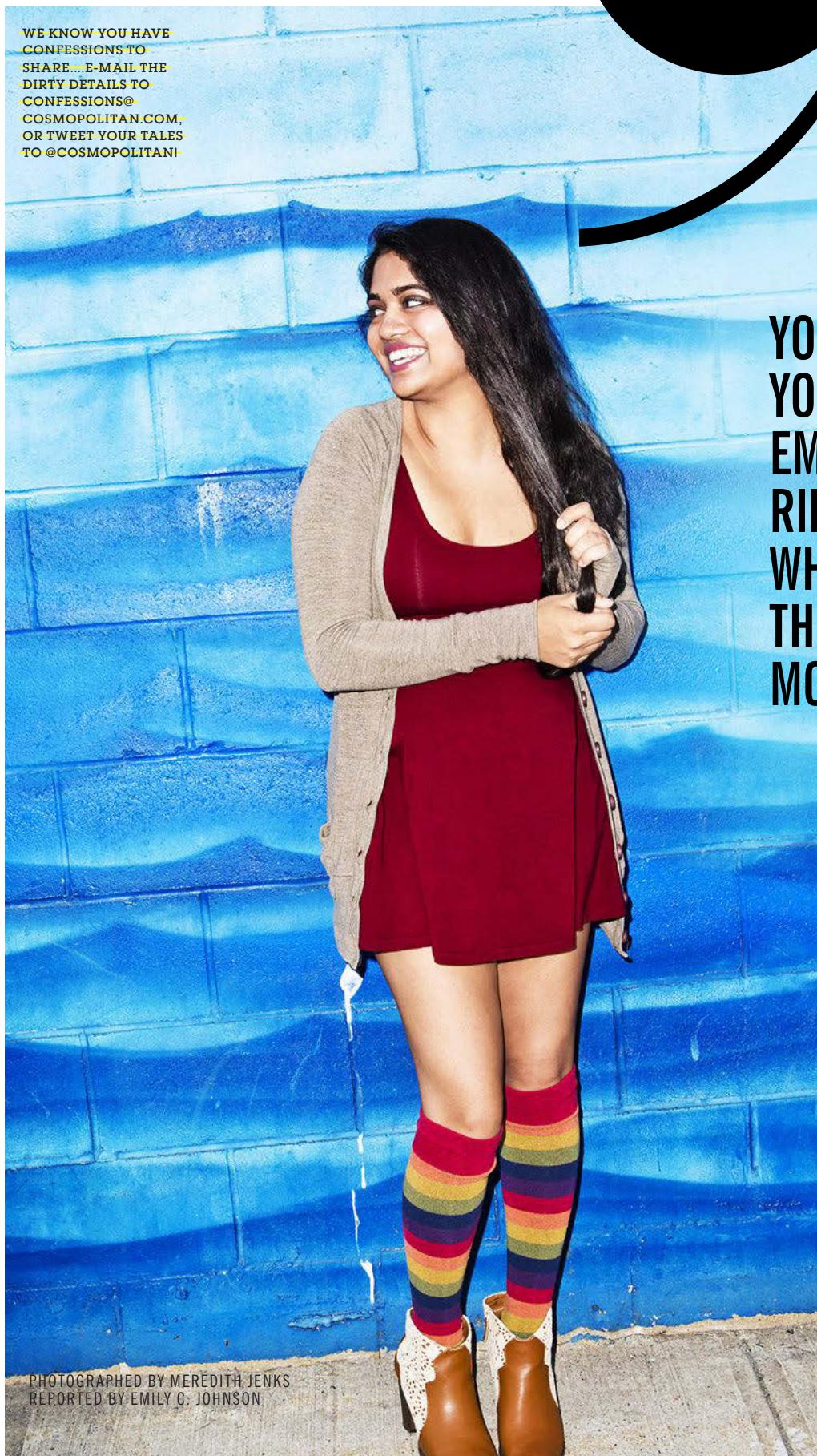
EDITED BY  
MARINA KHIDEKEL

YOU REVEAL  
YOUR MOST  
EMBARRASSING,  
RIDICULOUS,  
WHAT-WAS-I-  
THINKING  
MOMENTS.

1

"I spent a Saturday night in watching a rom-com. The fire alarm went off and I had to stand outside my dorm in my pajamas, sobbing and alone, while everyone else was dressed up and going out. Great."

—SHIVANI I., 20, STUDENT,  
EDISON, NJ



PHOTOGRAPHED BY MEREDITH JENKS  
REPORTED BY EMILY C. JOHNSON



2

## CELEB CONFESsion

"It was winter. I usually put on pantyhose, leggings, and jeans. But that day, I put on leggings, and my pantyhose from the day before were stuck in the leggings. I get on the train, and the pantyhose are dragging behind me. It was rush hour, and I had to pull out the pantyhose on the train, put them in my bag, and act like nobody saw. The pantyhose were nude! If they had been black, maybe people would've been like 'Oh, that's just her pants.' But they didn't blend in. I was so embarrassed."

—DASCHA POLANCO,  
*ORANGE IS THE NEW BLACK*

**3** "While my boyfriend and I were having sex, his dog came into the room without us knowing. Then while I was on top, the dog licked my butt. Total mood killer." —PAIGE H., 22

**4** "I was the maid of honor at my best friend's wedding, and just as the priest was about to lead the vows, I was hit with a sudden intense urge to pee. I couldn't hold it, so I had to walk out right then to find a bathroom. Casual." —SABRINA S., 28

**5** "Whenever my husband and I get into an argument, I give him the finger behind his back for the whole rest of the night." —APRIL K., 31

**6** "During foreplay, I called my ex Shawn. Shawn is my brother." —NATALIE H., 21

8

**"A girl stayed over and I forgot my grandparents were coming. When they arrived, I asked the girl to bail out the window."**

—PAUL C., 32, DRUMMER,  
LOS ANGELES, CA



7



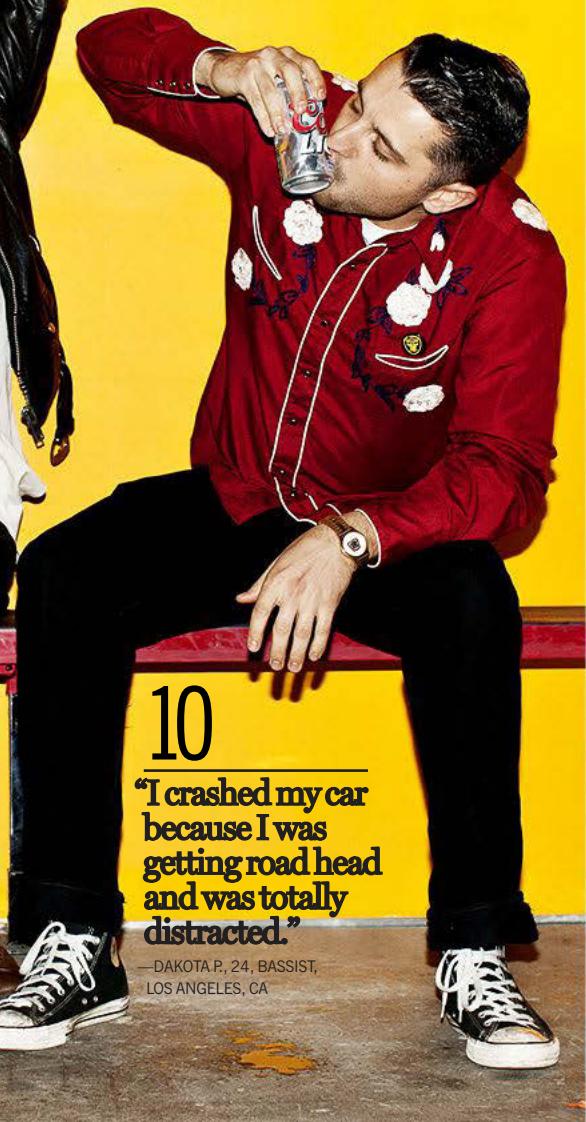
**"I went to this club completely shwasted. When the bouncer asked for my ID, I took her hand, kissed her cheek, and said, 'You look beautiful today.' I didn't get in."**

—KELLY G., 21, STUDENT, EDISON, NJ

9

**"I still puke before every show my band plays."**

—MISHA L., 24, GUITARIST/VOCALIST,  
LOS ANGELES, CA



10

**"I crashed my car because I was getting road head and was totally distracted."**

—DAKOTA P., 24, BASSIST,  
LOS ANGELES, CA

11

**GUY CONFESSION**

**"I was drunkenly hooking up with a crush for the first time and suddenly noticed a strangely rough sensation. I looked down and saw that for the last five minutes, I had been making sweet love to the space between her and the mattress. The worst part was that she hadn't said anything."**

—WILL B., 23



DON'T MISS NEXT MONTH'S  
CONFESIONS, ON SALE SEPTEMBER 8

12

**"On the way home from a crazy night of drinking, I got such an urge to throw up. The cab driver could tell that my friends and I were wasted and had already told us that there would be a \$100 fine if we got sick in his car. I couldn't afford that and I didn't have a plastic bag, so I threw up into my purse. Not only was it disgusting, but it ruined my phone."**

—DOMINIQUE M., 27

13

**"I pee when I laugh sometimes."**

—MAX Z., 25

14

**"My BF and I went to the movies, and on our way in, we were joking around and he said he wanted to impress me. He tried to carry me up the few steps into the theater, and mid-stride, he tripped and we both fell. Literally all the other moviegoers started laughing."**

—SAMANTHA A., 21

15

**"I was making a ton of important business calls, inviting people to a conference in Tucson. Finally, one of my coworkers came up to my cubicle and said, 'I can't listen to this anymore. It's pronounced too-sahn, not tuck-son.' I was mortified."**

—HOLLY R., 35



16

**"I WENT TO JUILLIARD, AND DURING OUR BIG-DEAL SPRING DANCE RECITAL, I SLIPPED IN THE MIDDLE OF THE PERFORMANCE AND FELL ON MY BUTT. THE ENTIRE AUDIENCE SAW."**

—MELISSA F., 26, BALLET DANCER, MIAMI, FL



17

**GUY CONFESSION**

**"When my roommate's not home, I just sit around in my underwear and play guitar."**

—CURTIS J., 23, RESEARCH FELLOW, CINCINNATI, OH

18

**"I wake up early and go to the McDonald's drive-through at 4 or 5 a.m. to wait for them to start serving breakfast. It's my biggest guilty pleasure."**

—ELAINE H., 22, PUBLICIST,  
LOS ANGELES, CA

# Worst Dates Ever

"He awkwardly kissed me, looked down at his crotch, and said, 'It's not just the pleats. I'm very aroused right now!'"

ALLISON S., 33

"On our first date, he drove me to a house for sale and told me to 'picture our future.' He then called the Realtor and told him he and his 'fiancée' wanted to look at the house. I'd only known him a month."

DANIELLE P., 20

"Everything was going well—until we ran into his *girlfriend* at the end of our date. He was my ride, so I had to stand there and deal with her friends' evil glares while the two of them had it out."

RAQUEL V., 24

"He took me out to a baseball game, and while we were in the stands, he asked if he could use my credit card to pay his electric bill online."

JENNY P., 21

"He left his retainer in the restaurant. The host said it likely got thrown out, so he dove into the dumpster. He found it but was pissed I didn't help!"

DARBY L., 21

"We went on a blind date, and while we were talking, he forwarded me an invite to his upcoming party. It specifically said 'No one from Jersey allowed!' Except...I'm from Jersey—and he knew that."

BRITTANY H., 29

"He showed up to our drinks date with bags full of groceries. He then took out the milk he'd bought and asked the bartender to store it in the fridge behind the bar for him. Who does that?"

EMILY F., 27

"After dinner, he peed in the parking lot because he didn't want to go back inside to use the restroom."

ABBY B., 25

## DOUCHE-O-METER



JUST CLUELESS

UM, NO

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CHRISSEY TEIGEN &amp; JOHN LEGEND

*I'll give you all of me—  
even my jacket.*

JOSHUA JACKSON &amp; DIANE KRUGER

*Let us journey to the land of impeccable manners!*

TAYLOR SWIFT &amp; CALVIN HARRIS

*She has a long list of ex-lovers, but none were so a-door-able.*

WILL &amp; KATE

*A true prince will always defend a blowout in peril.*

# SEXIES GENTLEMEN ALIVE

So you thought chivalry was dead? Fear not: Some guys know a woman should be treated like a queen.

OLIVIA PALERMO &amp; JOHANNES HUEBL

*His chariot of chivalry awaits.*

BEHATI PRINSLOO &amp; ADAM LEVINE

*Sir Nepe-a-Lot swoops in and saves the day....*

JENNA DEWAN TATUM &amp; CHANNING TATUM

*Who dares to tread on m'lady's train?*

LADY GAGA &amp; TAYLOR KINNEY

*Chivalrous and shirtless? Worthy of knighthood.*

# Who's That Girl?

She cracked your sh\*t up on *Chelsea Lately*. But just who is Natasha Leggero? Allow her to introduce herself.

# HELLO, MY NAME IS NATASHA LEGGERO

Perhaps you've seen me without pants on various TV shows (*Reno 911!, Burning Love*) and movies (*Neighbors, Let's Be Cops*). I was also on the Justin Bieber roast sitting next to Shaq. I'm currently starring in a show that I created, wrote, and produced with my friend Riki Lindhome called *Another Period*. Believe it or not, it's not

about my period. It's a reality show set in 1902 Newport, Rhode Island. Imagine if the Kardashians lived at Downton Abbey.

I wasn't always fancy; I grew up in Rockford, Illinois. When I went home last year for the holidays, I saw people biking in the snow along the freeway. In California, if you bike, it's because you care about the environment, but in Rockford, it's because you have a DUI. (Do you get the vibe?) My first stand-up gig was at the Comedy Store in L.A.

Comedy Store in L.A. It's still the best gig I've ever had. (Maybe it was the half a Xanax my hairdresser gave me to calm my nerves?) Here are some other fun facts about me, if you care.



## THE FUNNY ONE

There's often some sort of darkness that turns people to comedy. Tina Fey got slashed. Sarah Silverman couldn't stop wetting the bed. Chelsea Handler's sibling died. My parents

divorced, and my mom was alone. I was the oldest and had this very strong feeling that I had to be the one who dissipated the bad news and made it all happy—the diffuser.

## WHEREFORE ART THOU?

I went to the Stella Adler Studio of Acting, which taught me how to be a working actor...

virtually uncastable. So I started doing stand-up, where I could be myself.

## SHORT STORY

I'm 4'11". An agent once told me I was too short to ever become an actress—that nothing would ever happen for me. It was so horrifying. I remember collapsing on the floor and heaving because I thought he was right! But he was wrong.

## NEWPORT NEWS

I've always been fascinated with class. At the turn of the century, something like 90 percent of the wealth in America was in Newport. These eccentric people had these extravagant vacation homes. There was one woman who would actually move mansions farther from the ocean—like two mansions away—because the difference in the humidity helped her hairstyle. These people were living like rappers with no income tax, 30 servants, and platinum walls, while there was complete squalor happening throughout the country. *Gilded Age* was actually a sarcastic term. Basically, it implied putting gold on shit. ■



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SORIN CERIN, PHILOSOPHER

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# Don't Hate the Healthie

YOUR FRIEND KEEPS POSTING SELFIES AT THE GYM (AKA HEALTHIES). **JUNO DEMELO** SWEARS THOSE SHOTS AREN'T ANNOYING, THEY CAN ACTUALLY DO A BODY GOOD.

he one time I Insta-grammed my husband at CrossFit, he got nothing but strong-arm emoji. All I could think was I'd rather do 100 burpees than ever upload a picture of myself in the same position. Maybe it's all the "We get it; you have zero body fat" comments on workout posts by the likes of Miranda Kerr, Lea Michele, and basically every female celeb who's hashtagged a healthie. Women don't always support one another when Spandex is involved, and I don't want to seem like I'm healthier-than-thou.

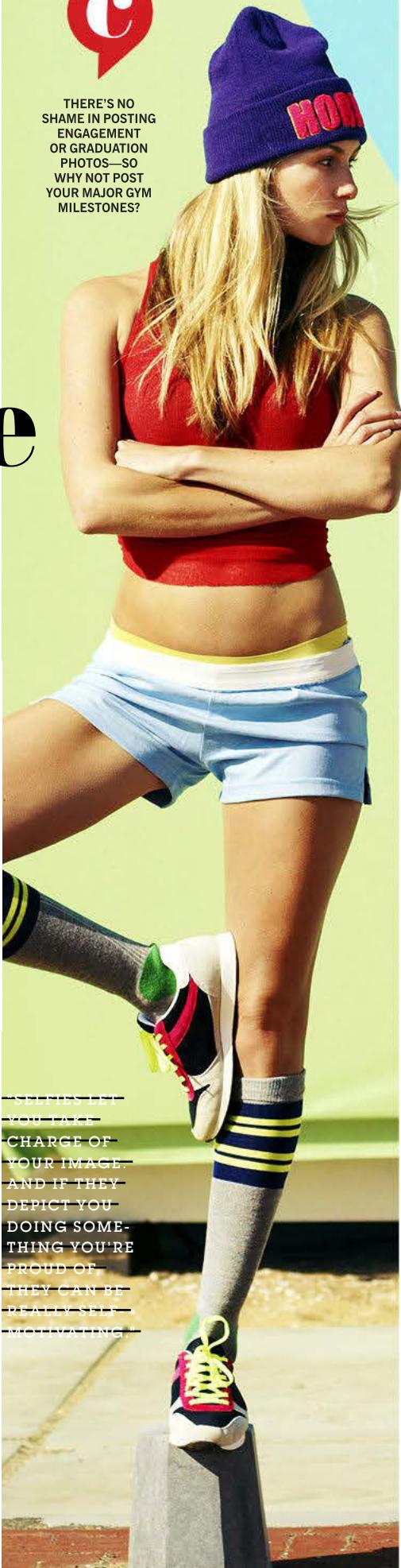
But what's so wrong about showing off your hard work? There's a double standard for men and women, says Pamela Rutledge, PhD, director of the Media Psychology Research Center. When former schlub Chris Pratt

took a shirtless selfie, people praised him for giving up six-packs to sculpt one. "But when Rihanna does it, she gets labeled a word I'd rather not use," says Rutledge. "Yet selfies let you take charge of your image. And if they depict you doing something you're proud of, they can be really self-motivating."

That something doesn't have to be rock-hard abs. A healthie from Lena Dunham captioned "[Exercise] has helped with my anxiety.... It ain't about the ass, it's about the brain" garnered more than 100,000 Likes.

"One of the most effective ways to make behavioral changes is to keep track of your progress. Healthies are an instant way to log a huge amount of info compared to just writing 'Awesome workout' in a journal,"

THERE'S NO SHAME IN POSTING ENGAGEMENT OR GRADUATION PHOTOS—SO WHY NOT POST YOUR MAJOR GYM MILESTONES?



SELFIES LET YOU TAKE CHARGE OF YOUR IMAGE. AND IF THEY DEPICT YOU DOING SOMETHING YOU'RE PROUD OF, THEY CAN BE REALLY SELF-MOTIVATING

Rutledge says. And if you're looking to lose weight, digital high-fives and accountability can help. Social networking—including online challenges and message boards—is a key component of Weight Watchers, which was recently named the best weight loss plan by *U.S. News & World Report*.

On the flip side, if you find yourself hating how great someone's perky butt looks in her gym shorts that are basically bikini bottoms, you can always unfollow her—and anyone else who makes you feel discouraged instead of inspired. This means that my friend whose gorgeous #AsSeenOnMyRun shots compel me to lace up my sneakers can stay. But my ex-coworker who posts "delicious cookie-dough bites" (c'mon, they're dates rolled in shredded coconut!)? Not so much.

Which is not to say that I think delusional dessert girl—or any of us—should stop posting out of concern that people will think we're full of ourselves. After all, men seem to have no shame about chronicling how much weight they've bench-pressed. Just remember that our real friends want what's best for us—a shot of my BFF doing pull-ups makes me feel proud, not inferior. Besides, when you're the one who's hiked the mountain, it won't matter what anyone else thinks anyway. You'll feel too good to care. ■

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# FUN, FEARLESS...FAIL!

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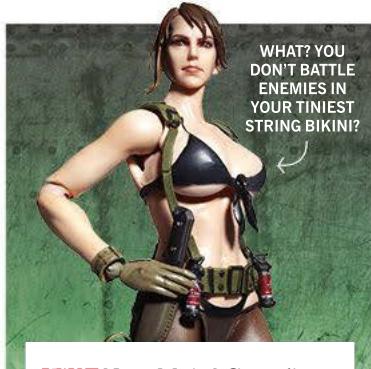
## GET SOME ACTION



Tina Fey and Amy Poehler action figures give you a whole new way to practice being their BFF.



Campaign power! Hillary Clinton gets the superhero treatment with her own action figure.



New Metal Gear figurine comes with squeezable boobs. Probably the most action its buyers get...ever.

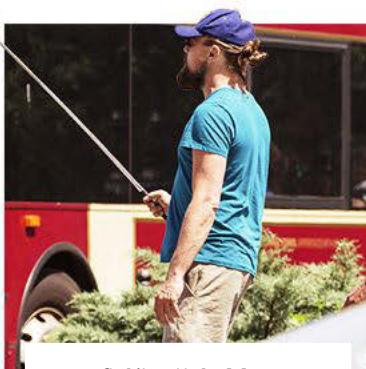
## LOVIN' LEO



Leo DiCaprio outbids Paris Hilton at charity auction and snags his mom a designer bag. We're sold!

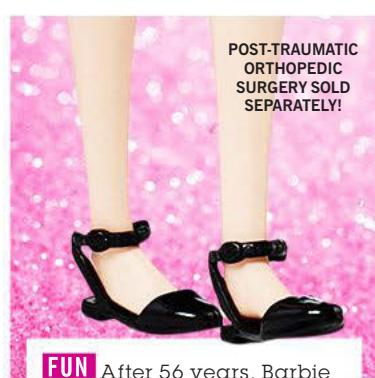


The Pet FBI (it's real) finds lost kitty named Leonardo DiCatrio (aka The Great Catsby).



Selfie stick. Man bun. Mega-beard. Hey, Leo: Want to squash any shred of sex appeal? Done!

## THE FLAT PACK

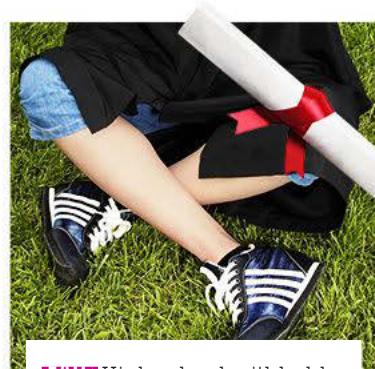


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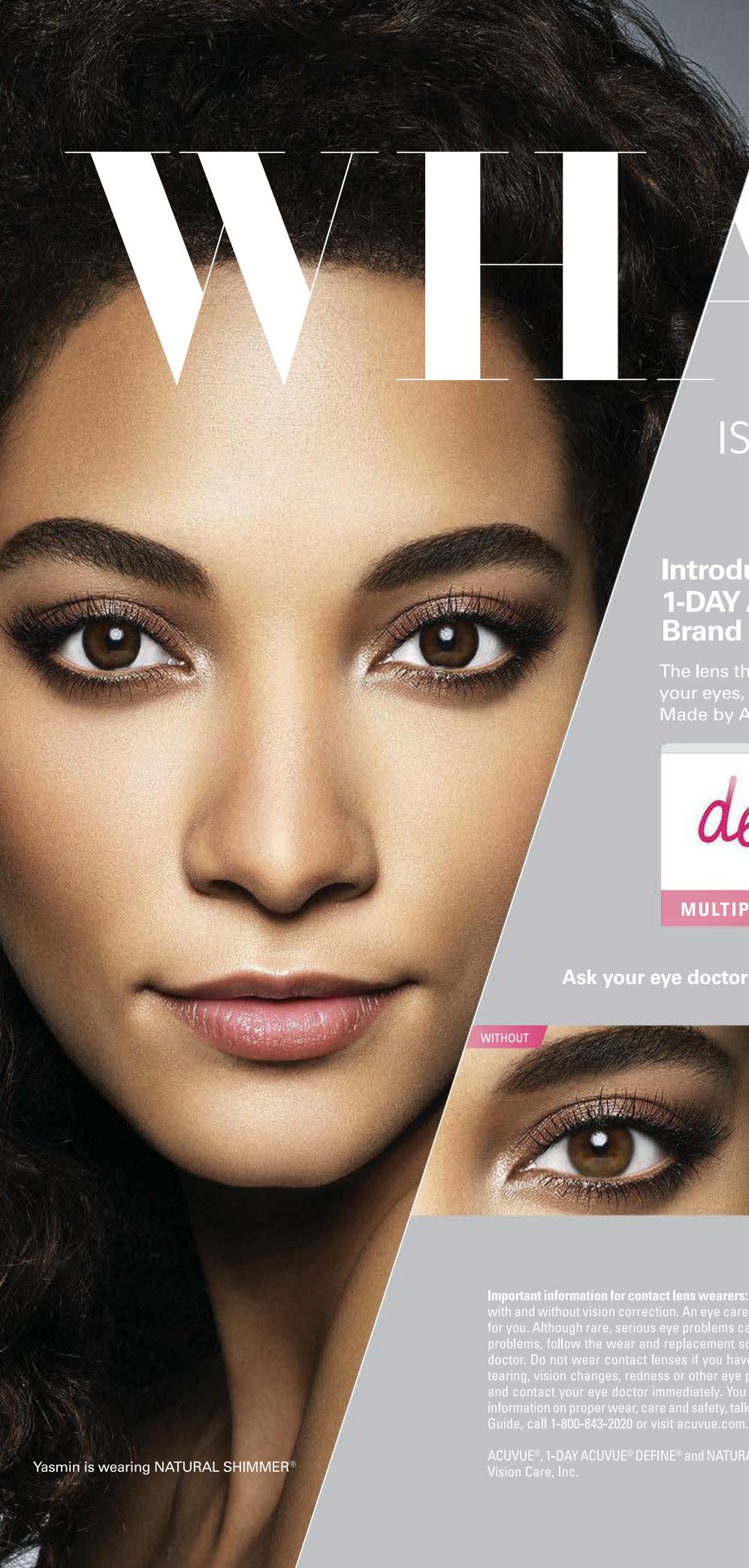
**FUN** After 56 years, Barbie gets to ditch her heels for flats. Mattel owes her, like, a lifetime of foot massages.



Emily Blunt to anti-flats Cannes: "I prefer Converse." We know where they can stick her stilettos.



High school withholds diploma from grad who wore sneakers to ceremony. It's a woman's right to shoes!



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# SAFETY SEXY

Two trends that you probably shouldn't mix: rocking overalls and freeing the nipple.



BLACK: FROM LEFT: SPLASH NEWS; WILDE/SPLASH NEWS; SPLASH NEWS (2); GC/AMELEYNET PICTURES; COURTESY RUBBERDOLL; DENIM: FROM LEFT: GETTY IMAGES; GOICHA/MAKES/SPLASH NEWS; GETTY IMAGES; SPLASH NEWS; SANJU/SPLASH NEWS; FAMEFLYNT PICTURES; MIXED BAG: FROM LEFT: GETTY IMAGES; SPLASH NEWS; VINYZODIAC/SPLASH NEWS; GETTY IMAGES; PICHICHI/SPLASH NEWS; BRIAN WICISLO; BODY ART: ATHENA ZHE.

# GET LAYERED

FLASH DRY THICKENING  
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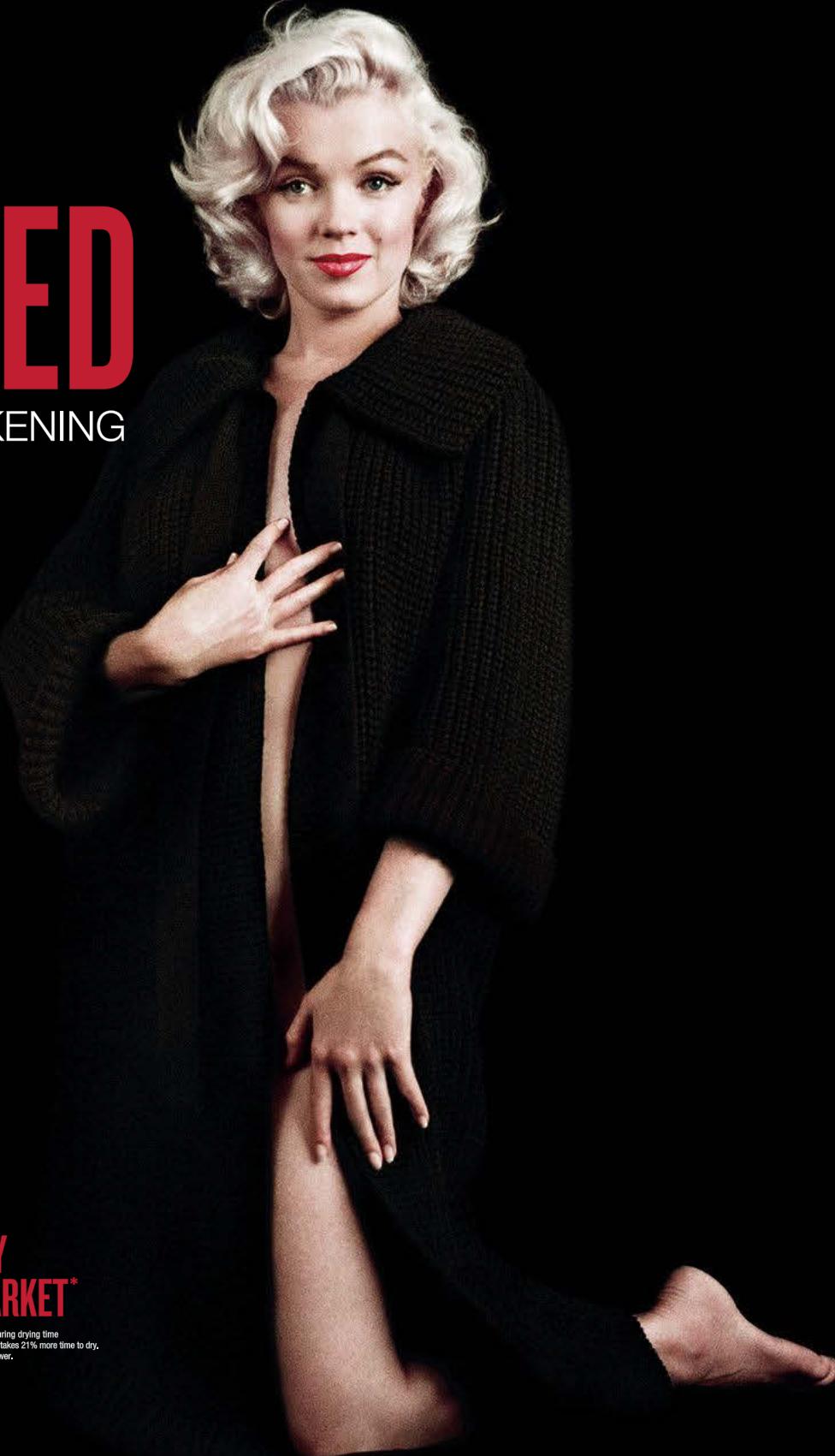
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The only guy who can get away with (Super)man-spreading—Sexy Brit Man of Steel Henry Cavill—kicks it cape-free this summer as Napoleon Solo in *The Man From U.N.C.L.E.*

**NAPOLEON DYNAMITE** "Napoleon is more of a ladies' man than Superman is. I'm not quite as earnest as Superman, not quite as much of a rogue as Solo."

**ON THE ROCKS** "I'd be impressed if a girl drank Jack and Cokes with me...and tried to keep up!"

**FIGHT RIGHT** "You can't make everyone happy. And someone shouting at you doesn't mean you're wrong. What matters is maintaining your integrity."

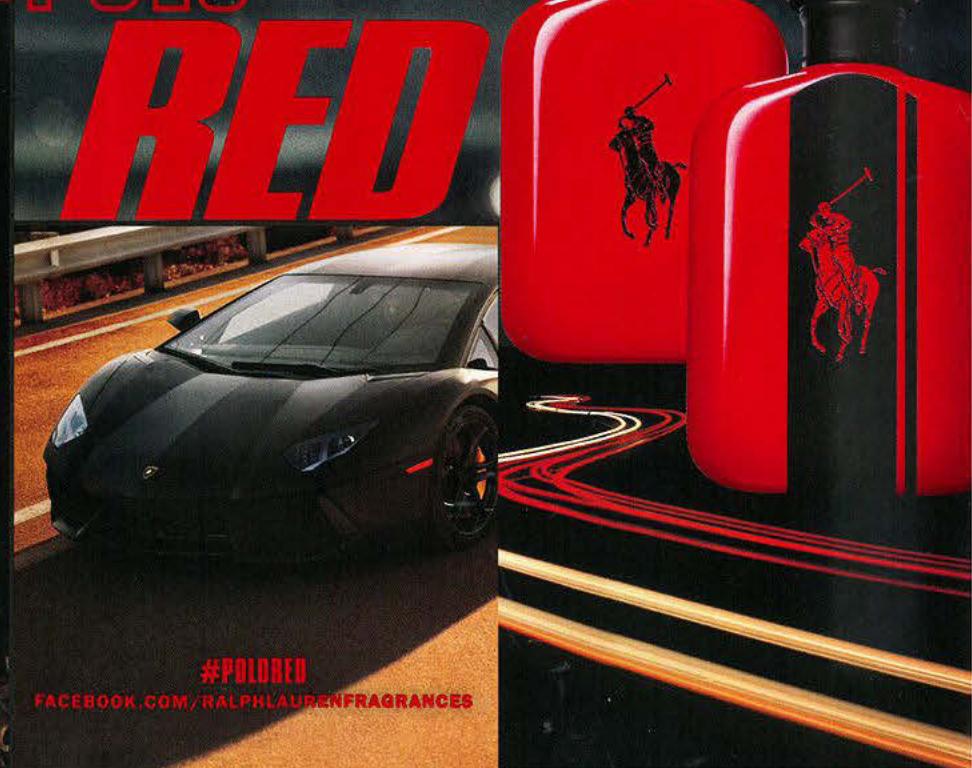
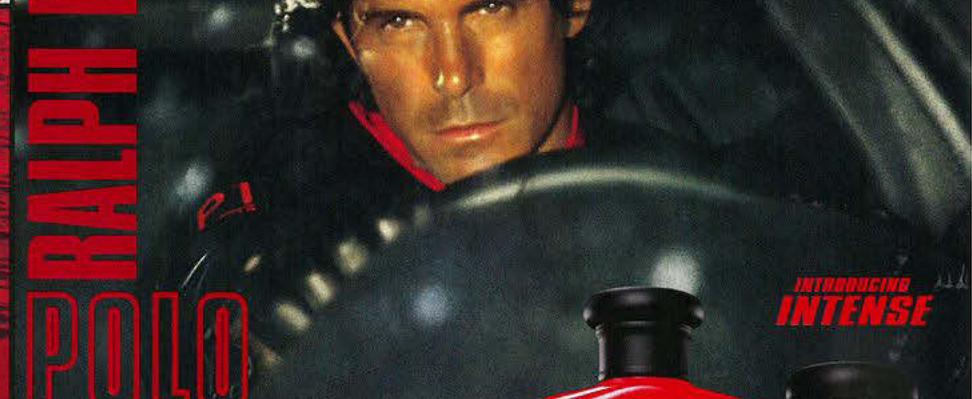
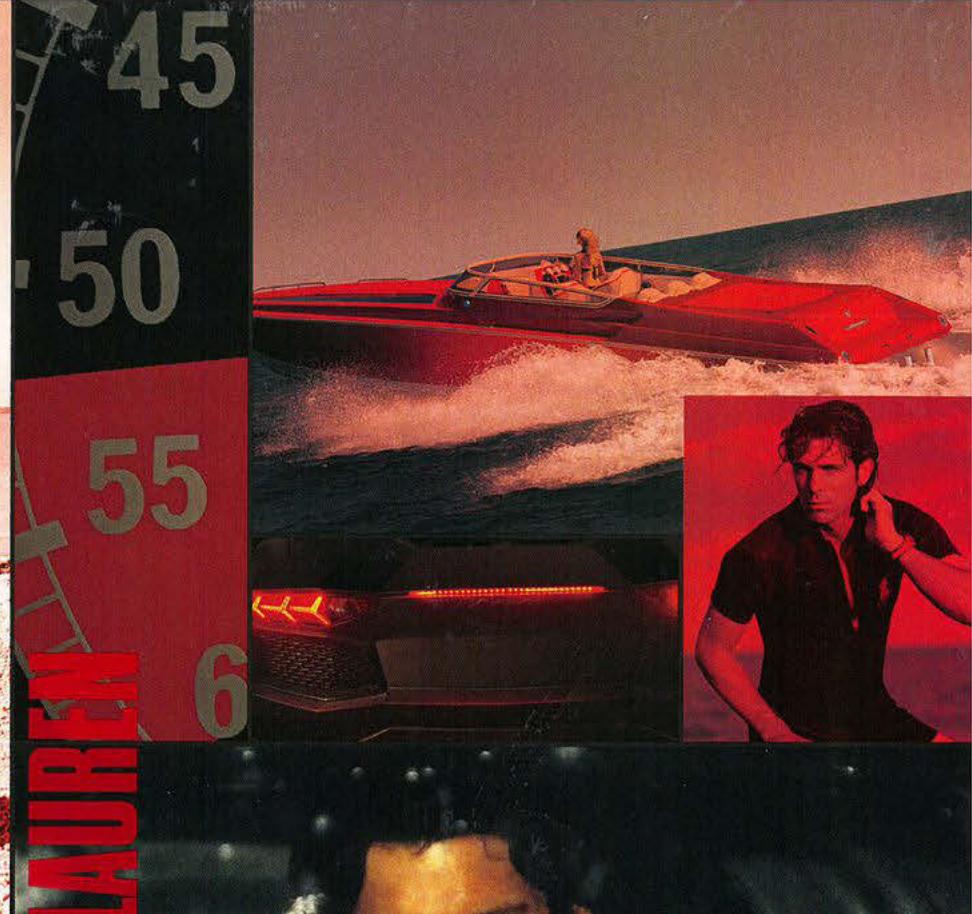
**TOTAL SUCKER FOR...** "Confident women. The world is filled with people uncomfortable in their skin. So someone who hasn't got a front on is very attractive. I don't date much. I'm more of a relationship guy."

**PUCKER UP** "I was a pretty awkward kid and really didn't have girls fancying me. My first kiss was outside a dance when I was 12, and it was one snog and out!"

—LAURA BROUNSTEIN

HENRY CAVILL

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# “THE PANTS THAT ALMOST RUINED MY RELATIONSHIP”

Cosmopolitan.com editor **Amy Odell** thought her look was cutting-edge. Her boyfriend's parents thought she was nuts. Could both be true?

**ONE SUMMER, MY FRIEND** James and I were sunning on the roof of my apartment building. Because I have no plans to run for political office, I'm fine with revealing that this was an occasion on which I smoked pot. After a few puffs, we decided it was time for a treat. “Are you thinking what I'm thinking?” I asked James. “Jamba Juice.” I threw on shorts and a tank top over my bikini, and we ventured into the world.

On the train, it hit me: “James! We have to go to the Alexander Wang sample sale!” At the time, I was working at NYMag's *The Cut* blog, and if I had learned anything going to his runway



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# MY STORY



shows, it was that young women could be made instantly hip by owning a piece of Wang. Plus, being stoned, I could handle the deep-seated shopping anxiety I would otherwise face. A sample sale is where labels mark down unsold merchandise and the clothes loaned out to magazines (aka samples). It's not *Forever 21*, but you're often looking at Madewell prices for designer goods.

Once we arrived, I was pretty high. We wedged ourselves into a corner with one of the few remaining racks of clothing—all of them sweatpants. “Wait, should I get... sweatpants?” I picked up a light blue pair. “Where would I wear them?” I asked James.

“To work. Da club. Everywhere,” he said. “You work in fashion. You *need* Alexander Wang sweatpants.” Did I?

When I had seen them on Wang’s runway worn by models who had either been slicked with oil or misted to look like they had just walked out of a steam room, I thought, *That is cool*. They were \$50. I bought them without trying them on.

I wore the pants to work and to parties, but never just to lounge around the house. *I work in fashion and I have Alexander Wang sweatpants*, I would think when I had them on. *I am cool*.

Note that sweatpants have never in the history of humanity been the thing that defined any cool person’s coolness. The fashion world is such a bubble that it’s hard to remember what’s on the outside, even when you sit back row at Fashion Week. What’s on the outside is a whole lot of people who see sweatpants as an item to be worn secretly in one’s own home. I was reminded some months into my relationship with my boyfriend, Rick,



that he and his family were just those kinds of people when he invited me to dinner with his dad and stepmother.

It was gorgeous out—sunny but not hot—so I threw on the sweatpants, a white tank top, a silver cuff bracelet, and black high-heeled sandals. I thought I looked fabulous—casual yet dressy, cool yet not try-too-hard.

I arrived at Rick’s apartment. He wore khakis with a dress shirt tucked in and loafers. His dad was similarly dressed, and his stepmom wore the de facto elegant mom uniform of a slightly drapey but still figure-flattering top and nicely cut trousers with a shiny pendant necklace. After a few seconds of smiling at each other, Rick’s brow furrowed. “What are you wearing?” he said. “What? Alexander Wang?” I replied.

“Sweatpants?”  
“Oh, they’re *on trend*.”

His dad and stepmom looked on with nervous smiles. We walked across the street to City Hall Grill. It’s the kind of place with families in polo shirts and boat shoes on weekends. We ordered a tower of cold shellfish. Rick’s stepmom showed me her necklace up close. Everyone enthused over the steak. Everything went great, I thought.

After we walked his dad and stepmom to their car, we returned to Rick’s apartment. “Sweatpants?” he said again. “To a nice restaurant?”

“Babe, this is New York. Everyone’s wearing sweatpants now,” I protested. Rick is a man of few words and reveals his truest feelings only when pressed. Not long thereafter, he was pressed. We were in the middle of one of our first fights on the phone. He was arguing that I didn’t try hard enough with

his family and friends.

I was outraged! I tried *so hard* with his family and friends. “You wore sweatpants to dinner,” he blurted out. *Gasp!* I couldn’t believe I was having a fight with a man over how I was dressing. I am a child of the post-feminist generation, and I dress for myself not for a boyfriend and certainly not a boyfriend’s dad. Trends are fun and not meant to be taken seriously. I cried into the phone. “Omigod,” I began. “Did your dad...say something?”

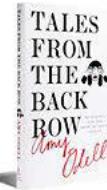
“Yes! You wore sweatpants! To dinner! At a nice restaurant!”

“But I wore *heels*!” I said.

“My dad couldn’t believe you wore sweatpants. It’s really disrespectful.”

Rick and I made up. Many outfits later, we got engaged and married. Rick tells me he knows better now than to comment on my clothes. I have learned to take his feedback on my apparel into consideration when we have to deeply penetrate his world or go to a bagel brunch with his family.

The sweatpants and I are still together, but only when I’m lounging around my apartment because they have a bleach stain on the front. Every time I wear them, I’m all, “Remember these pants?” \*wink\* to Rick. I even joke about it with his dad now. And I did learn a valuable lesson from the whole experience: Don’t ever go shopping high. Drunk shopping is fine. Stoned shopping will never end well. ■



Adapted from *Tales From the Back Row*, by Amy Odell, available September 1, wherever books are sold.

Barbara Palvin

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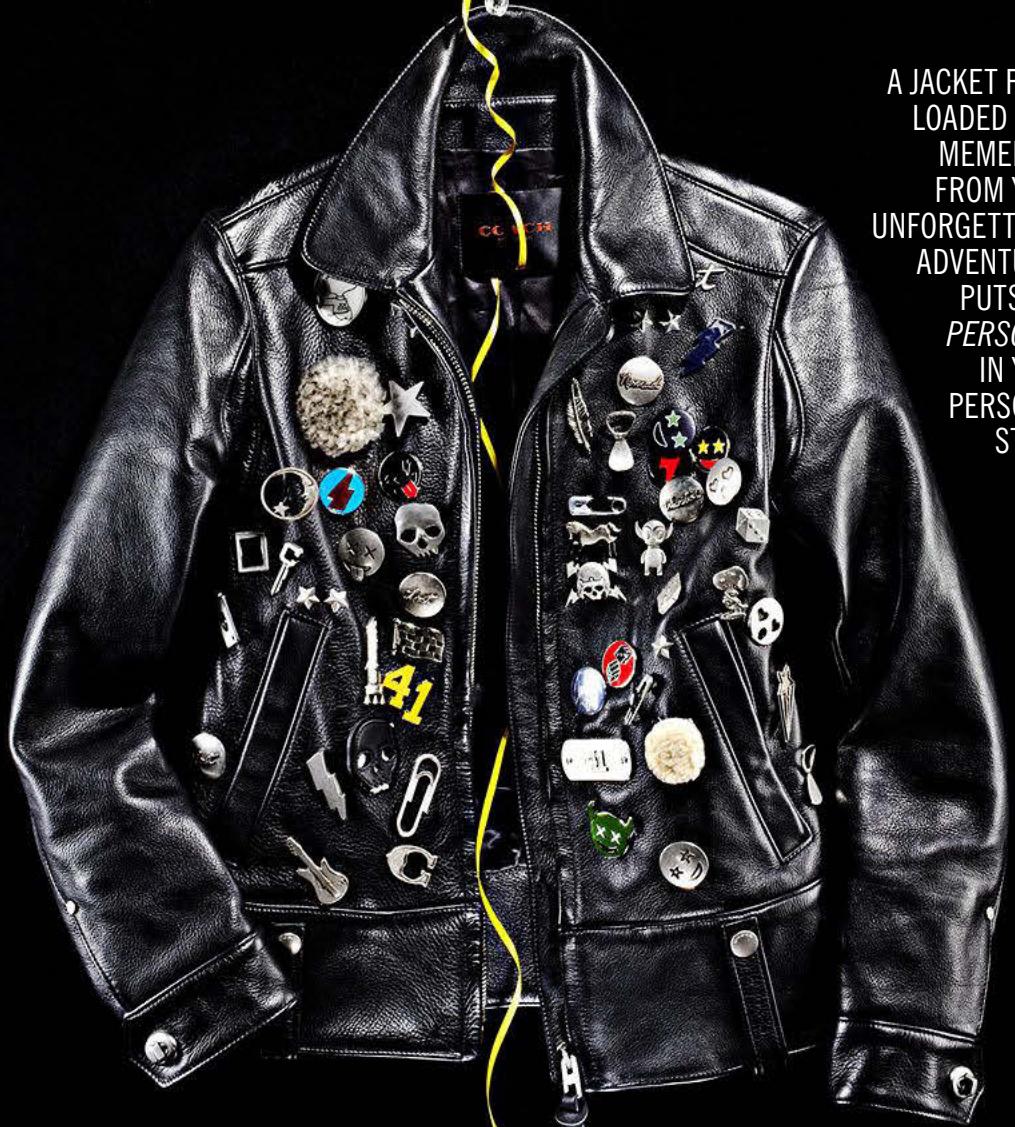
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2x  
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HAIR\***

Use Pantene Conditioner  
for hair that's 2x stronger  
than shampooing alone.



\*strength against damage; Pantene shampoo + conditioner system  
vs. the shampoo alone. ©2015 P&G

# FOUR TRICKY TRENDS TO TRY

To translate the fall runways into your own wardrobe, tackle your look piece by easy piece. Your path to trend mastery starts here.



4

5



2

1

## Bell-Shaped Sleeves

Ground the flounce of angel-wing ruffles or embellished wrists in denim and sleek strappy heels.



8

7



1



5



6



FALL'S  
MUST-HAVE  
FASHION  
ACCESSORY:  
IRRESISTIBLE  
SKIN

FIRST WAX FREE\*

[waxcenter.com/cosmo](http://waxcenter.com/cosmo)

europeanwax   

\*This fab offer expires 10/6/15

First-time guests only. Guest must reside in state where redeemed. Not valid for all services. Additional restrictions may apply. Visit [waxcenter.com](http://waxcenter.com) for complete terms and conditions. © 2015 EWC

REVEALING  
BEAUTIFUL SKIN™

EUROPEAN  
WAX  
CENTER®

# STYLE



1. BRACELET, Armitron, \$135, [armitron.com](http://armitron.com)
2. SKIRT, Banana Republic, \$69.50, [bananarepublic.com](http://bananarepublic.com)
3. SKIRT, H&M, \$49.99, [hm.com](http://hm.com)
4. SKIRT, American Eagle Outfitters, \$39.95, [ae.com](http://ae.com)
5. BAG, Etienne Aigner, \$365, [etienneaigner.com](http://etienneaigner.com)
6. SKIRT, Rachel Rachel Roy, \$89, Macy's
7. TURTLENECK, Hilfiger Collection, \$160, Tommy Hilfiger, 212-223-1824
8. SHOES, Gap, \$89.99, [gap.com](http://gap.com)
9. BARRETTE, France Luxe, \$12, [franceluxe.com](http://franceluxe.com)



## The A-Line Mini

Top the short and sweet '60s staple with a turtleneck or jacket for a look that's schoolgirl meets grown-ass woman.



INTRODUCING THE  
NEW WOMEN'S  
DENIM COLLECTION

LIVE IN **Levi's®**



SHAZAM TO EXPLORE  
THE COLLECTION

JEANS

# STYLE

1

## A Pair of Culottes

Streamline the wide skirt-style pants with a fitted crop top, or go blousy all over. Either way, chunky heels are a must for adding height to the volume.



3



2



4



5



6



8



1. CHOKER, Louise et Cie, \$148, [louiseetcie.com](http://louiseetcie.com) 2. PANTS, Tracy Reese, [tracyreese.com](http://tracyreese.com) 3. JEANS, 7 For All Mankind, \$225, [7forallmankind.com](http://7forallmankind.com) 4. WATCH, Raymond Weil, [raymondweil.com](http://raymondweil.com) 5. PANTS, M Missoni, M Missoni South Coast Plaza, 714-641-3170 6. SHIRT, Shoshanna, \$310, [neimanmarcus.com](http://neimanmarcus.com) 7. BAG, Nine West, \$69, [ninewest.com](http://ninewest.com) 8. SHOES, Material Girl, \$59.50, Macy's

Stay Cool.  
RumChata.



Visit [RumChata.com](http://RumChata.com) for recipes

RumChata. Caribbean Rum with Real Dairy Cream, Natural and Artificial Flavors. 13.75% alcohol by volume. Bottled by Agave Loco Brands, Pewaukee, WI. Please Enjoy Responsibly. RUMCHATA and CHATA are Registered Trademarks of Agave Loco, LLC.

## Disco Booties

1



2



3



4



5



6



Treat metallics and prints as neutrals. Wear with cropped or cuffed pants all day, erryday.



7



8



9



1. EARRINGS, Hidalgo, [badler.com](http://badler.com)
2. BOOTS, Topshop, \$150, [topshop.com](http://topshop.com)
3. BOOTS, H&M, \$99, [hm.com](http://hm.com)
4. BOOTS, Kat Maconie, \$359, [katmaconie.com](http://katmaconie.com)
5. BOOTS, The Mode Collective, \$285, [themodecollective.com](http://themodecollective.com)
6. BOOTS, Senso, \$190, [revolveclothing.com](http://revolveclothing.com)
7. COAT, Dondup, [dondup.com](http://dondup.com)
8. HAT, The Kooples, \$395, [TheKooples.com](http://TheKooples.com)
9. BAG, Forever 21, \$24.90, [forever21.com](http://forever21.com)

flirt  
with  
color  
& kiss commitment  
goodbye

Natural Instincts is shiny,  
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only lasts 28 washes.

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No wonder it's the  
#1 semi-permanent color.\*

Commitment Free Color

Try it and  
#FlirtWithColor



natural instincts

CLAIROL

\*based on P&G internal calculation for sales volume ©2015 P&G

## Treat Yourself!

Forget food porn—these accessories are the most delicious. Feast your eyes on the tastiest little treasures to ever hit your look (and your Pinterest boards).

### BITE-SIZE

Made with the freshest of leathers, a little Louis Vuitton goes a long way.

**BAG**, Louis Vuitton, available at select Louis Vuitton stores



ALL BLUSHED. NEVER HUSHED.

# DARE TO GO NUDE.

NEW  
THE *blushed* NUDES  
PALETTE

Our newest 12-shade collection, curated to  
create infinite looks with bolder blushes,  
provocative plums, and risqué roses.



[MAYBELLINE.com/blushednudes](http://MAYBELLINE.com/blushednudes)  
Adriana is wearing New The Blushed Nudes Palette  
from Maybelline® New York.

**MAYBELLINE**  
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE. NEW YORK

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## SWEET 'N' GLOW

A Miu Miu shoe full of glitter makes getting dressed most delightful.  
**SHOES**, Miu Miu, [miumiu.com](http://miumiu.com)



# DARE TO GO NUDE.

## THE NUDES PALETTE

Our first 12-shade collection, curated to create infinite looks with bolder beiges, brazen bronzes, and over-the-top taupes.



[MAYBELLINE.com/TheNudes](http://MAYBELLINE.com/TheNudes)

Jordan is wearing The Nudes Palette from Maybelline® New York.

# MAYBELLINE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.®

©2015 Maybelline LLC.

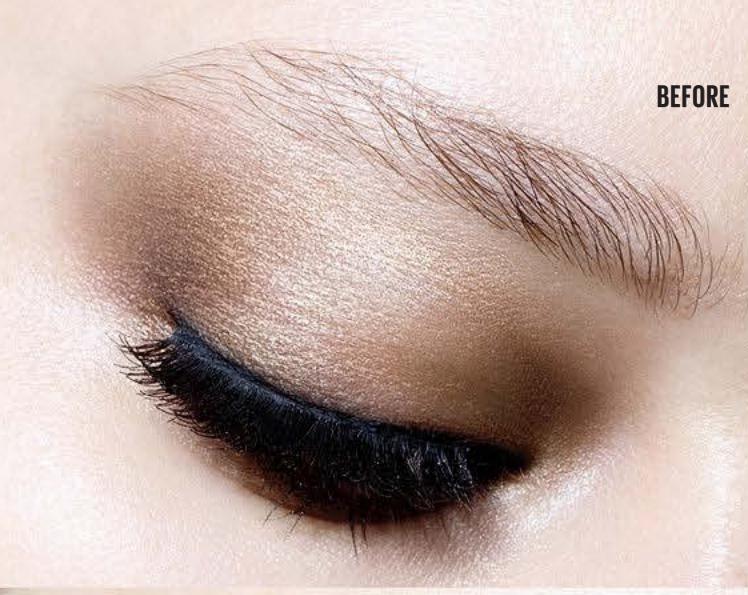
# STYLE

## OVER EASY

*Call him the shoe chef: Designer Pierre Hardy's colorful footwear transforms looks into masterpieces.*

**SHOES**, *Pierre Hardy, The Webster Miami, 305-674-7899*

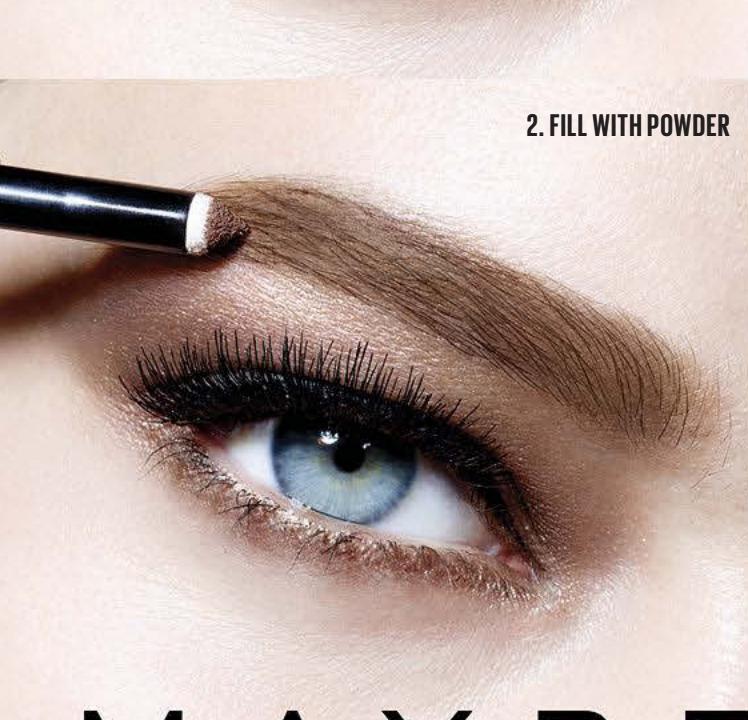




BEFORE



1. SHAPE WITH PENCIL



2. FILL WITH POWDER



EYE STUDIO®

GET EXPERT TIPS AT MAYBELLINE.COM/BROW

SMOOTHER,  
FULLER BROWS.  
2 EASY STEPS  
TO WOW.

NEW  
BROW  
*define+fill duo*

**THE HOW**

Defining wax pencil shapes.  
Powder fills in.

**THE WOW**

Blends seamlessly for  
defined, natural brows.

Available in 4 shades



MAYBELLINE  
BROW*define+fill duo*

1. SETTING  
PENCIL

2. FILLING  
POWDER

M A Y B E

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.®

Emily is wearing New Eye Studio® Brow Define + Fill Duo in Soft Brown. ©2015 Maybelline LLC.

L I N E  
N E W Y O R K



## SPIRAL CUT

*Uncommon Matters' golden hoops make the perfect garnish for any fashion plate.*  
**EARRINGS, Uncommon Matters, [uncommonmatters.com](http://uncommonmatters.com)**

EYE STUDIO®  
GET EXPERT TIPS AT MAYBELLINE.COM

NOW ALL-DAY  
**INTENSITY GOES**  
**ULTRA-SMOOTH.**

NEW  
**LASTING DRAMA®**  
**WATERPROOF GEL PENCIL**

**THE HOW**

Our 1st gel pencil with  
translucent gel base for easy glide.

**THE WOW**

Up to 16-hour wear.  
Smudge resistant + Waterproof.

5 INTENSE SHADES.

Kemp is wearing New Eye Studio® Lasting Drama®  
Waterproof Gel Pencil in Sleek Onyx and Lustrous Sapphire.

**MAYBELLINE®**  
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.  
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A close-up, high-contrast photograph of a woman's face. The focus is on her lips, which are painted with a vibrant red color. Her eyes are closed, and her skin is smooth and tan. The lighting is dramatic, highlighting the texture of her skin and the color of her lips.

MAYBELLINE.com

# MAYBE

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.®

Adriana is wearing New Color Sensational® The Creamy Mattes in All Fired Up. ©2015 Maybelline LLC.



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**NOW 10 NEW  
CREAMY SHADES  
TO CRAVE.**

**NEW**  
**COLOR**  
*sensational*<sup>®</sup>  
**THE CREAMY MATTES**

IN 10 BOLD NEW SHADES. 20 IN ALL.

Unique MATTE CREAM FORMULA  
meets BOLD PIGMENT COLORS for  
our smoothest, most seductive mattes.



**L L I N E<sup>®</sup>**  
N E W Y O R K

# STYLE



*look  
hot  
tonight*

## KEYHOLE CUTOUTS

UNLOCK THE POWER OF PEEKABOO. AN UNEXPECTED CUTAWAY THAT REVEALS YOUR MIDRIFT OR DÉCOLLETAGE EXPOSES JUST ENOUGH SKIN TO LEAVE 'EM WANTING MORE.



TOP, *Keepsake*, \$140,  
*fashionbunker*.com. SKIRT, *Timo*  
*Weiland*, \$275,  
*Bloomingdale's*



ROMPER,  
*Missguided*, \$60,  
*missguidedus.com*



DRESS, *Bebe*,  
\$99, *bebe.com*



TOP, *XOXO*, \$49,  
*Dillard's stores*.  
SKIRT, *Sam*  
*Edelman*, \$99,  
*samedelman.com*

STUART TYSON/STUDIO D STYLIST: SABRINA GRANDE CELEBS, FROM LEFT: SPLASH NEWS; STUART TYSON/STUDIO D; WIREIMAGE; SPLASH NEWS; FILMMAGIC; GETTY IMAGES (2); GETTY IMAGES

# BE UNIQUE. BE UNITED. FOOTBALL IS FAMILY



MORE NFL FASHION AT  
[NFLSHOP.COM/COSMO](http://NFLSHOP.COM/COSMO)



Dascha Polanco wears the Nike Women's Jersey  
Julia Morrison wears the Majestic Football Miracle Tee  
Naley Junior wears the New Era 39Thirty Cap



## FUN, FEARLESS FINDS UNDER \$50

Throw shade on sweet florals with dark and moody blossom prints spiked with punk-inspired jewelry and devil-may-care denim.



UP THE  
ROCKER  
EDGE WITH  
BOOTS AND A  
MOTORCYCLE  
JACKET.



1. ROMPER, GoJane, \$48, [gojane.com](http://gojane.com)
2. SHOES, Forever 21, \$32.90, [forever21.com](http://forever21.com)
3. EARRINGS, Coco Loves Rome, \$12, [cocolovesrome.com](http://cocolovesrome.com)
4. DRESS, Forever 21, \$29.90, [forever21.com](http://forever21.com)
5. JACKET, Almost Famous, \$24.99, [Rainbow](http://rainbow.com)
6. SKIRT, GoJane, \$39, [gojane.com](http://gojane.com)
7. CROSS-BODY BAG, Bongo, \$26.99, [Kmart](http://Kmart.com)
8. RING, BCBGeneration, \$18, [bcbgeneration.com](http://bcbgeneration.com)
9. SHORTS, Gap 1969 Slim, \$49.95, [gap.com](http://gap.com)



STILLS: STUART TYSKIN/STUDIO D. STYLIST: SABRINA GRANDE. EARRINGS AND DRESS: JESUS AYALA STUDIO D. GIRL: COURTESY DULCEIDA.COM.



REPAIRS **2 YEARS** OF  
DAMAGE IN **2 MINUTES**\*

WEARING  
**TIGHT**  
BRAIDS, PONYTAILS  
OR BUNS CAN CAUSE  
BALDNESS



**50%**

OF WOMEN OVER THE AGE  
OF 25 IN THE US  
**DYE THEIR HAIR**

**80%**

OF AMERICANS  
WASH THEIR HAIR

**2X**  
A DAY



OF THE HAIRS IN  
YOUR SCALP  
ARE GROWING



OF YOUR LIFE WILL  
BE SPENT  
WASHING & STYLING  
YOUR HAIR



AVERAGE WOMEN LOSE FROM  
**50** TO **100** HAIRS  
EACH DAY

SPLIT ENDS WILL **TRAVEL**



HAIR GROWS  
SLIGHTLY  
**FASTER**  
IN WARM WEATHER

**REPAIRS**  
**RESTORES**  
**RESTRUCTURES**

Infusium<sup>23</sup>

Infusium23.com

\*When used as a system with Infusium 23 Repair & Renew Shampoo, Conditioner and Leave-in Treatment  
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# THE TOP 5

## Shellac®

- 1 14+ days of high-performance wear
- 2 Stunning crystal shine
- 3 Zero dry time
- 4 Amazing 5-minute removal
- 5 No nail damage\*

This is no fairytale,  
this is **HELLAC**®



### SEE THE PROOF

[youtube.com/cndvideo](http://youtube.com/cndvideo)



**CND®**  
**Shellac®**  
Brand 14+ Day Nail Color

Model is wearing **HELLAC**® brand 14+ day nail color in Decadence.

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[cnd.com](http://cnd.com)

\*When used as directed.

# BEAUTY

EDITED BY  
LEAH WYAR

Air

Water

Earth

Fire

## What's Your Sign?

Turn the page to find fall's hot-off-the-runway looks inspired by the four elements of the zodiac. (We see killer makeup days in your future!)

BY LONI VENTI

# BEAUTY

## Air-ess

YOUR SIGN: Gemini, Libra, Aquarius

GET THE LOOK: Streak chubby white eyeliner along your lash line, then again above your crease, just under your brows. Fill the in-between space, creating a winged effect. (A subtler option: Line top lids and blend with your finger.) Apply clear lip balm to your lips and along the tops of your cheekbones to finish the futuristic vibe.

**NYX** *Jumbo Eye Pencil in Milk*, \$4.50, [nyxcosmetics.com](http://nyxcosmetics.com). **RIMMEL LONDON** *Keep Calm and Shop lip balm*, \$2.50, drugstores

## In Your Element

## Girl on Fire

YOUR SIGN: Aries, Leo, Sagittarius

GET THE LOOK: Rim top and bottom lids with a creamy black shadow stick (the one here is super blendable). Then swipe on an orange-red lipstick, tracing lips with the point of the lip bullet first (like a lip liner), then filling as usual.

**LAURA MERCIER** *Caviar Stick Eye Colour in Tuxedo*, \$28, [lauramerclier.com](http://lauramerclier.com). **L'ORÉAL PARIS** *Colour Riche Pure Reds in Julianne's Red*, \$9, drugstores

## Earth Child

YOUR SIGN: Taurus, Virgo, Capricorn

GET THE LOOK: Layer neutral shadows across your lids—bronze all over, gold at the inner rim, and deep brown in the crease—and blend. Mimic the effect on your nails by painting imperfect stripes of gold, bronze, and copper.

**CLINIQUE** *Wear Everywhere Neutrals All About Shadow 8-Pan Palette in Nudes*, \$36, [macy's.com](http://macy's.com). (Clockwise from top left) **SPARITUAL** *Lacquer in Starry Night*, \$12, [sparitual.com](http://sparitual.com).

**SALLY HANSEN** *Insta-Dri Nail Color in Go for Gold*, \$4.95, drugstores.

**NICOLE BY OPI** *in That's Just Plain Nuts!*, \$7, [ulta.com](http://ulta.com)

## Water Baby

YOUR SIGN: Cancer, Scorpio, Pisces

GET THE LOOK: Create this horizontal ómbre effect by applying a bronze cream shadow onto lids, then tapping a shimmering teal from the inner corner to center. (Tom Ford, here, offers both shades in one package.) Sea and be seen with a matching blue mani.

**TOM FORD** *Cream and Powder Eye Color in Midnight Sea*, \$60, [neimanmarcus.com](http://neimanmarcus.com) (left). **ORLY** *Nail Lacquer in It's Up to Blue*, \$8.50, [orlybeauty.com](http://orlybeauty.com)

# micellar wipes that both cleanse and hydrate instantly.

(multi-tasking made Simple®!)

Skincare's most awarded product, Simple Micellar Water, now in wipes!\*

Everyday cleansing can be harsh on skin. But new Micellar Wipes from Simple® contain *micelles*, smart cleansing bubbles which attract and gently lift impurities and makeup out. And instantly put **hydration** back in. Gentle and clever? That's beauty with brains.



Visit SimpleSkincare.com to  
#TestTheWater

**simple**  
SENSITIVE SKIN EXPERTS

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EASY BREEZY BEAUTIFUL

INTRODUCING  
**MAKEUP WITH  
SUPERPOWERS!**

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**NEW**

**STAY LUMINOUS FOUNDATION**

All-day moisture plus luminosity, for the radiant glow of being in love!



# BEAUTY

1



0:00-0:59

## COOL DOWN

Splash cold water on your face, neck, and wrists—these areas help regulate body temp, calming a flushed face. Then use cleansing wipes to refresh from head to toe.

**SIMPLE SKINCARE** *Micellar Make-Up Remover Wipes*, \$6, *Walmart*



1:00-1:59

## GET EVEN

The latest “flash facial” gels (such as Ren’s, here) are designed to detoxify pores and infuse skin with plumping ingredients (such as vitamin C). Massage a dime-size dab onto your face for about 60 seconds, then rinse.

**REN** *Flash Rinse 1 Minute Facial*, \$48, *Sephora*



2:00-3:29

## MASTER NO-MAKEUP MAKEUP

Smooth on a light-reflecting blur cream to even out blotchiness. Hide imperfections and nix shine with a base-cover-up combo (we love Clinique 2-in-1 Beyond Perfecting Powder Foundation and Concealer, \$27, *clinique.com*). Tissue off smudges, and apply tinted lip balm.

**MURAD** *Invisiblur Perfecting Shield Broad Spectrum SPF 30*, \$65, *murad.com*  
**COVERGIRL** *Jumbo Gloss Balm Cream in Parfait*, \$7, *drugstores*

# LOOK HOT AFTER A WORKOUT

THE  
5-MINUTE  
MAKEOVER

POST-GYM PLANS? DON'T PANIC. THESE EASY STEPS WILL TAKE YOU FROM SWEATY TO SEXY IN FIVE.

BY LAUREN BALSAMO

3:30-3:59

## SOAK IT UP

Hit your pits with antiperspirant. If you sweat big-time, try this trick (the Cosmo beauty team swears by it): Mist antiperspirant into the air and walk through it (like perfume). The light coat will keep you dry all over.

**DEGREE** *Women Dry Spray Antiperspirant*, \$5, *drugstores*



4:00-5:00

## TAME YOUR MANE

Work dry shampoo through roots to nix oil and add texture (R+Co’s, here, is a workable paste that easily absorbs into strands with no chalky residue). Then twist hair into a topknot, and hide a sweaty or frizzy hairline with a headband or wrap (both were huge on fall runways).

**R+CO** *Badlands*, \$28, *randco.com*  
**L. ERICKSON** *Color Block Italian Turban*, \$24, *franceluxle.com*



#1 TREATMENT\*

# RESIST FRIZZ STAY INTENSELY SMOOTH



## SLEEK & SHINE

Treatment with Ultra-smoothing  
Argan Oil from Morocco & Apricot Oil

Resist frizz, stay smooth and  
shiny even in 98% humidity\*\*

**GARNIER**

THE STRENGTH TO SHINE

\*Source: 2014 & YTD 2015 w/e 4/19 IRI Dollar and Units Sales  
In a frizz test when using Garnier Fructis Sleek & Shine system of  
shampoo, conditioner, and leave-in conditioner vs. a non-conditioning shampoo

[garnierusa.com](http://garnierusa.com)

# “I Went Gray... on Purpose”

Search #GrannyHair and you'll see hundreds of women who tinted their tresses a cool, silvery hue. **Kate Assaraf** takes the gray-on-purpose plunge and reveals her newfound mane-tality. **AS TOLD TO LONI VENTI**

**TWO THINGS I'VE ALWAYS DREAMED OF:** living in New York City and having cool hair that would make me stand out. So when the opportunity to move to the Big Apple popped up two years ago, I immediately jumped on it and kept my eyes open for hair inspo. I'd already tried ombre, even raven black tresses. But this time I wanted to make a statement, and #GrannyHair was seriously trending.

I had some reservations, of course: Would I still feel sexy around my husband? (After all, people spend tons of money to get *rid* of grays.) Would I, a marketing strategist, be taken seriously by clients? But silver foxes like Kylie Jenner, Hilary Duff, and Rihanna pushed me to book an appointment with hair wiz Lena Ott, owner of NYC's Suite Caroline Salon, which I follow on Instagram.

Thanks to my previous adventures in color, my dark hair (now close to my natural brunette hue) was weak. To avoid frying it, Lena bleached and toned it steely blue three separate times (each took 60 to 90 minutes from application to wash). Five hours later, I was ready for the big reveal.

I. Freaking. Loved it! It was the perfect shade of silver with a hint of turquoise at the ends. My hubs was totally into it (he actually bleached *his* hair a few weeks later), and

my clients either gave rave reviews or chocked it up to “something creative types do.”

The maintenance, however, was another story: violet-based shampoos and conditioners, weekly anti-brass masks, monthly salon touch-ups (which cost about \$300). Eight weeks in, I was over it. Instead of chasing silver, I started playing with new hues. I tinted my

hair teal before a Caribbean vacay. And when that faded, cotton candy pink.

Today I'm expecting my first baby...as a brunette. My #Granny phase may have been fleeting, but that's the cool thing about hair color: It's an easy way to express yourself, and you can always go back—the Pinterest and Insta pics are proof you took the plunge.



"LIFE'S TOO SHORT FOR BORING HAIR," SAYS ASSARAF.

## HOW TO MAKE SILVER SPARKLE

### 1. SUDS WISELY

Wash only when absolutely necessary. This gently removes dulling residue.

**PANTENE** *Pro-V Silver Expressions Shampoo*, \$5, [drugstores](#)

### 2. CUSTOM CONDITION

An adjustable nozzle distributes as much brass-nixing purple pigment as you need post-color.

**REDKEN** *Blonde Idol Custom-Tone Conditioner*, \$32, [redken.com](#)

### 3. DO HUE

These pigment-packed masks leave strands with a subtle tint or full-blown color (depends how long you leave them on).

**OVERTONE** *Go Deep Weekly Treatment in Purple*, \$28, [overtone.com](#)

### 4. FOAM OR GO HOME

Like makeup for hair, this mousse temporarily tints.

**ROUX** *Fanci-Full Color Styling Mousse in White Minx*, \$10.49, [Sally Beauty](#)



JOEL BARHAMAND COLORIST: LENA OTT AT FED ROOT FOR SUITE CAROLINE SALON. MAKEUP: JENNY KANAVAROS USING VSL BEAUTY @ HONEY ARTISTS. STILLS: JEFFREY WESTROOK/STUDIO D.

# AIR OPTIX® COLORS

contact lenses

MY NATURAL EYE COLOR  
IS BEAUTIFUL BUT  
ENHANCING IT  
IS FUN

BEFORE

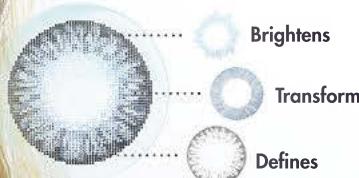
AFTER

BLENDS NATURALLY



STAYS COMFORTABLE<sup>1,2</sup>

3-IN-1 COLOR TECHNOLOGY



EMMA ENHANCED HER EYE COLOR  
WITH BLUE

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**Important information for AIR OPTIX® COLORS (lotrafilcon B) contact lenses:** For daily wear only for near/far-sightedness. Contact lenses, even if worn for cosmetic reasons, are prescription medical devices that must only be worn under the prescription, direction, and supervision of an eye care professional. Serious eye health problems may occur as a result of sharing contact lenses. Although rare, serious eye problems can develop while wearing contact lenses. Side effects like discomfort, mild burning or stinging may occur. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor.

References: 1. Alcon data on file, 2012. 2. Alcon data on file, 2014.

Ask your eye care professional for complete wear, care and safety information.



**Alcon**  
a Novartis company

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AIR OPTIX® COLORS

contact lenses

9 COLORS AVAILABLE



5 SUBTLE SHADES



4 VIBRANT HUES

PERFORMANCE DRIVEN BY SCIENCE™

# BEAUTY

## THROW SHADE

*A touch of aqua shadow makes your smoky eye anything but basic.*

**ALMAY** Intense i-Color Evening Smoky in Trio for Blue, \$8.50, [almay.com](http://almay.com)

## SOFT-SERVE

*Wave good-bye to dry skin with this hand healer.*

**BLISS** High Intensity Hand Cream, \$9 for 1 oz., [blissworld.com](http://blissworld.com)



## LIQUID ASSET

*The quickie alternative to a nourishing hair mask? This mega-moisturizing mist.*

**L'ORÉAL PARIS** Advanced Haircare Power Moisture 10 Second Hydra-Detangler, \$7, drugstores



## WAKE-UP CALL

*This post-all-nighter fix eliminates dark circles and puffiness.*

**E.L.F.** Illuminating Eye Cream, \$10, [eyeslipsface.com](http://eyeslipsface.com)

## LINE UP

*Refine your flick or go graphic with a dual-use paddle-tip pen.*

**COVERGIRL** Intensify Me! Liner in Intense Black, \$7, drugstores



## \$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

## BUFF BOD

*This mineral-packed scrub is gentle enough to use every day.*

**SUAVE** Professionals Sea Mineral Infusion Exfoliating Body Wash, \$3, drugstores



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*This light cleanser removes makeup, detoxes pores, and gets you glowing in seconds.*

**Olay** Active Botanicals Refreshing Gel Cleanser, \$6, Target

## FEELING KNOTTY?

*Ultra-thin, flexible bristles detangle strands sans breakage.*

**WET BRUSH** Midi, \$9, [thewetbrush.com](http://thewetbrush.com)

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**ESSIE** in Trophy Wife, \$8.50, [essie.com](http://essie.com)



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BEAUTY



# Are Derms the New Therapists?

Something is driving young women into the derm's office—and it's more than a mole check.

BY JESSICA MATLIN



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**FOR SOME WOMEN, a trip to the dermatologist is stressful. But when Elisabeth, 21, visits her dermatologist of six years, it's pure relaxation: Calming music fills the space, and she gets face time with the woman who, in addition to prescribing Elisabeth's acne medications, introduced her to meditation and yoga and advised her on how to navigate tricky friendships.**



"One hundred percent of my breakouts have to do with stress from my personal life," she says. Being able to talk to her dermatologist about what's nagging at her has not only helped her skin, it's also helped her sense of self. Instances like this are increasingly common. While dermatologists are in no way a substitute for mental health professionals, it's easy to see why some women are drawn to them—consciously or not—when the going gets rough.

#### UNDER THE SURFACE

"At the dermatologist, you often find yourself revealing that you don't like something about your appearance," says Vivian Diller, PhD, a psychologist who specializes in women's issues. What makes this different from confiding in a friend or, that old cliché, the BFF hairstylist? Dermatologists, says Diller, have an air of authority. "You're hoping that this parental figure can say, 'I know what we can do!' and reach into their toolbox. They have a lot of power."

Derm visits are more frequent these days too. Rather than dragging themselves in for an overdue skin check or a funky rash, many women see dermatologists as often as they see their colorists. "More and more people go regularly for cosmetic purposes—lasers, peels, Botox, fillers—so relationships develop...sometimes very intimate, dependent ones," says Diller. "I've heard women say, 'I walk out and feel like a different person!'"

"If you're not happy with your relationship, job, or self-esteem, it's easier to pick on your appearance, even go to a professional to 'fix it,'" says facial plastic surgeon Michelle Yagoda, MD.

Recently, Dr. Yagoda had a woman come in to discuss a light, anti-aging peel, but the patient quickly began rattling off a laundry list of treatments she wanted, from facial injections to surgery. "I stopped her right there," says Dr. Yagoda. "I said, 'I see you're turning 30. How is that for you?' She broke down," she says. "She confessed she thought she'd be married with children by now, and her fiancé had just left her...for the second time. It became a therapy session." Dr. Yagoda asked the woman to work on herself—pursue hobbies, spend time with friends—and see if she still wanted work done in six months. (She didn't.)

Patricia Wexler, MD, a New York City dermatologist, is all too familiar with the "fix me" syndrome. It's usually when they have a wish list, she says. "That's when I say, 'This isn't about your face. You should stop working on your appearance and work on your mind. Then they'll tell me what's really bugging them.'"

#### THE COMPLEXION CONNECTION

The psych-skin link is a logical one. There's even a growing area of study around it: psychodermatology, which

their patients' heads—not just address the surface—with a combination of treatments like skin meds, talk therapy, meditation, and antianxiety treatments, if necessary.

"A lot of my patients have skin conditions that are exacerbated by stress—acne, psoriasis, eczema, alopecia areata—which they've described as 'wearing their emotions on their skin,'" says Josie Howard, MD, a San Francisco psychiatrist who specializes in this field. One of the pioneers of the stress-skin field, Howard Murad, MD, a celebrity dermatologist, is disturbed by the hamster wheel of self-improvement that's driving so many into his office. "All they see on Instagram is people who look phenomenal, and they feel they can never live up to that expectation." The more you chase an ideal, the more miserable you become, he says. Cosmetic treatments won't make that go away.

It's great to have an open, confiding relationship with your dermatologist, but for women who don't have that, Dr. Wexler has a word of advice: Know when to stay home. "If you're depressed or in the

**"IF YOU'RE NOT HAPPY, IT'S EASIER TO PICK ON YOUR APPEARANCE, EVEN GO TO A PROFESSIONAL TO 'FIX IT.'"**

looks at patients from a dermatological, psychological, and psychiatric perspective. While there's no formal training for it in the U.S. (it's more established in Europe), these physicians try to get inside

middle of a breakup, it's not the best time to make any changes [to your appearance]," she says. "Most likely, you won't be happy with anything at that point." Her suggestion: relaxing baths, new lingerie, even a life coach. "Not lip injections." ■

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THE INSIDE OUT.”

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# BEAUTY

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BY DEANNA PAI

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**GIVENCHY** *Mister Intense Black Mascara Top Coat, \$29, sephora.com*

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**THROW SOME SHADE** Every season, Anthony Vaccarello gives models OTT eyes. Score your own sexy stare with his palette for Lancôme.

**ANTHONY VACCARELLO** *for Lancôme Hypnôse Star Palette in Green, \$50, net-a-porter.com*

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Eli is wearing Evening Glow Lip Gloss

# BEAUTY



MAKE MONEY  
WHILE  
TOUCHING UP  
YOUR LIPSTICK.

## Be a Boss

You talk products with your friends anyway....Why not cash in on it? **Deanna Pai** gets down to business with the direct-selling revival.

**EVERY DAY**, Emma Cardiff is hustling. In between auditions and rehearsals, the 25-year-old opera singer waits tables, works events for the New York Rangers, and sells products from natural beauty company Arbonne. "I've sold it everywhere—from my couch, the airport, even while stretching at the gym—using just my phone," says Cardiff. It's a perk of being one of beauty's new-style entrepreneurs. More and more brands (see below) are relying on a direct retail model, in which women like

Emma sell products to friends, family, even their social-media circles to earn commission. Beauty selling, which once entailed at-home parties with local friends, has found new life on platforms like Facebook, Twitter, and Instagram. "It's easier for me to approach friends online," says Kelly Vierling, 27, who sells makeup from Tyra Beauty (created by Tyra Banks). "I can rock the products and post selfies online for people to see." The wider digital reach is part of the reason direct sell-

ing appeals to beauty brands. "Whether it happens in a coffee shop or on Facebook, we as women like to share things that excite us," says Gregg Renfrew, founder of Beautycounter, which pairs selling with an e-commerce platform.

### THE BIG BOOM

"Direct selling is one of the best performing sectors of the beauty market," says Karen Grant, global beauty industry analyst at The NPD Group. It's grown 7.5 percent in the past year, compared with 1 percent

for brick-and-mortar stores. The concept isn't new: Avon popularized it in 1886 (!) as a way to give women financial independence. Mary Kay followed in 1963, even awarding pink Cadillacs to top sellers. Both became huge because of the women who grew them. So what's behind today's appeal? A difficult job market in part. "There's a real hunger for entrepreneurship," explains Joseph Mariano, president of the Direct Selling Association. You can earn money in your sweatpants with flexibility that's rare in a nine-to-five. "If I'm in a show, I can take time off and not worry about losing my job," says Cardiff. Plus, pitching products (face-to-face or online) offers real-world skills in sales and marketing—stuff you can play up on a résumé.

### READY TO TAKE CHARGE?

Typically, the only investment is a starter kit (often discounted), which includes online and in-person training. How you sell is up to you—at brunch, via Skype, by tweeting—but the digital route has benefits. "I don't know many people in my local area, so I've developed my customer base online," says Vierling. You may need to sell a minimum to stay in the game. Beyond that, the sky's the limit. "Like any other job, you have to put in the time and effort," says Renfrew. But if you have the drive, there's a big payoff.

#### PITCH PERFECT

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IF YOU CAN DO A KILLER CAT EYE, TRY...  
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**ARBONNE**'s or **MARY KAY**'s *makeup, skin care, and beyond.*

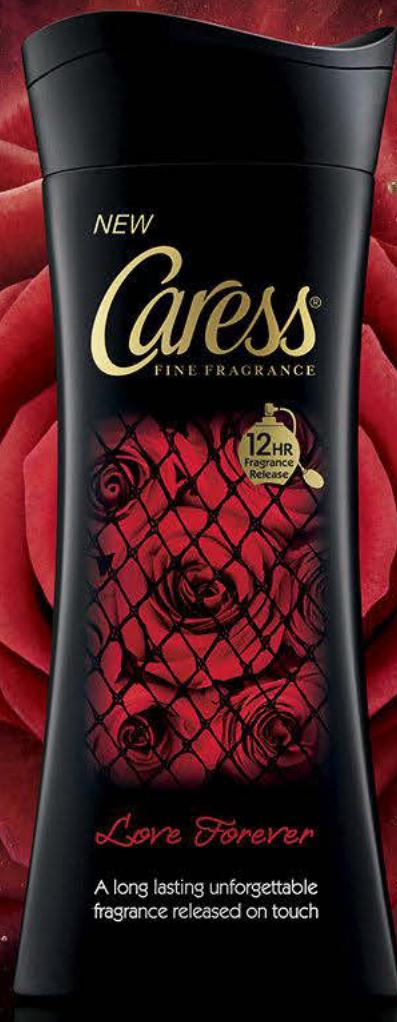


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# BEAUTY

## The R Word

Retinol (aka skin care's superhero) gets you gorge, but it can be a bully. Our all-gain, no-pain guide changes everything.

BY DEANNA PAI

**First, a refresher:** The overachiever ingredient triggers skin to produce new, healthier cells by shedding the dull outer layer, which kick-starts collagen and elastin production (cue a smoother, more springy surface). Retinol also sloughs off dead cells and oil, clearing up acne. But skin is often left red, raw, and sensitive, says Amy Wechsler, MD, an NYC-based dermatologist. (This effect is even more intense after using Retin-A or Renova, the prescription versions of vitamin A.)



### THE RULES, REVISED

While formulated for a broad range of skin types, these updated versions aren't baby lotion. To get the best results:

**USE** a retinol every other day for two weeks. If there's no persistent flaking, redness, or burning, add one more night a week. (The exception: the "retinol alternatives" above, meant to be used daily.)

### FALL'S NEW CROP

Consider these innovations a retinol reboot: skin-friendly formulas that get the job done, often in as little as two weeks.

### CUSTOMIZABLE OPTIONS

Two-step sets (like this one) allow you to dilute retinol with benign, complementary creams. Newbies can start by mixing three parts cream to one part retinol. Then invert the ratio as skin adjusts.

**DERMALOGICA** AGE Smart Overnight Retinol Repair and Buffer Cream set, \$85, [dermalogica.com](http://dermalogica.com)

### SMART PAIRINGS

Tempered with über-soothing, barrier-fortifying ingredients (like hyaluronic or ferulic acid), retinol's side effects are drastically reduced.

**DR. DENNIS GROSS SKINCARE** Ferulic + Retinol Fortifying Neck Emulsion, \$68, [qvc.com](http://qvc.com). **NEUTROGENA** Rapid Wrinkle Repair Serum, \$20, drugstores

### ENCAPSULATED RETINOL

Housed in a liposome—a harmless vehicle that delivers retinol straight to skin's collagen-producing fibroblast cells—retinol can be used in a smaller, gentler concentration, since none of it will be wasted or diluted during delivery.

**PHILOSOPHY** Ultimate Miracle Worker Multi-Rejuvenating Cream SPF 30, \$75, [philosophy.com](http://philosophy.com). **CHANTECAILLE** Retinol Intense+ Cream, \$140, [chantecaille.com](http://chantecaille.com)

### RETINOL ALTERNATIVES

Less-potent retinol clones—such as trans-retinoic acid (in Sunday Riley, left), bioretinol (check out Jouer), and retinoate—are meant to be applied more frequently than most retinols. The concept: Using a weaker product each day can be less irritating than a stronger one a few times a week.

**SUNDAY RILEY** Luna Sleeping Night Oil, \$105, [sephora.com](http://sephora.com). **JOUER** Daily Repair Treatment Oil, \$48, [jouercosmetics.com](http://jouercosmetics.com)

**LAYER** a mild moisturizer over it ASAP (try CeraVe, \$13, drugstores; or Chanel La Solution 10 de Chanel Sensitive Skin Cream, \$80, [chanel.com](http://chanel.com)). Oil-based formulas also help to mitigate dryness.

**AVOID** chemical exfoliants (like glycolic and alpha hydroxy acids). Together, they're a skin-stripping cocktail. **SLATHER** on sunscreen. Weakening the top layer of skin leaves it especially vulnerable to UV rays.

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# PODY

EDITED BY  
SARA AUSTIN &  
DANIELLE McNALLY



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# FITNESS BUZZ

## ● Sexier in 3 Moves

"Heavy weights spur the release of more of the hormone that builds muscle and burns fat," says Cosmo advisory board member Hannah Davis. But women have less of this than men, so you won't get swoll. Intimidated? Don't be. Enlist a pal to spot you, and aim for 12 reps of these basic (but game-changing) moves. Start with just the bar—it's 45 pounds!



**1 DEADLIFT** Stand with feet under barbell, hip-width apart. Without squatting, push hips backward and hinge forward, keeping bar just wider than your legs. Stand up, lifting bar.

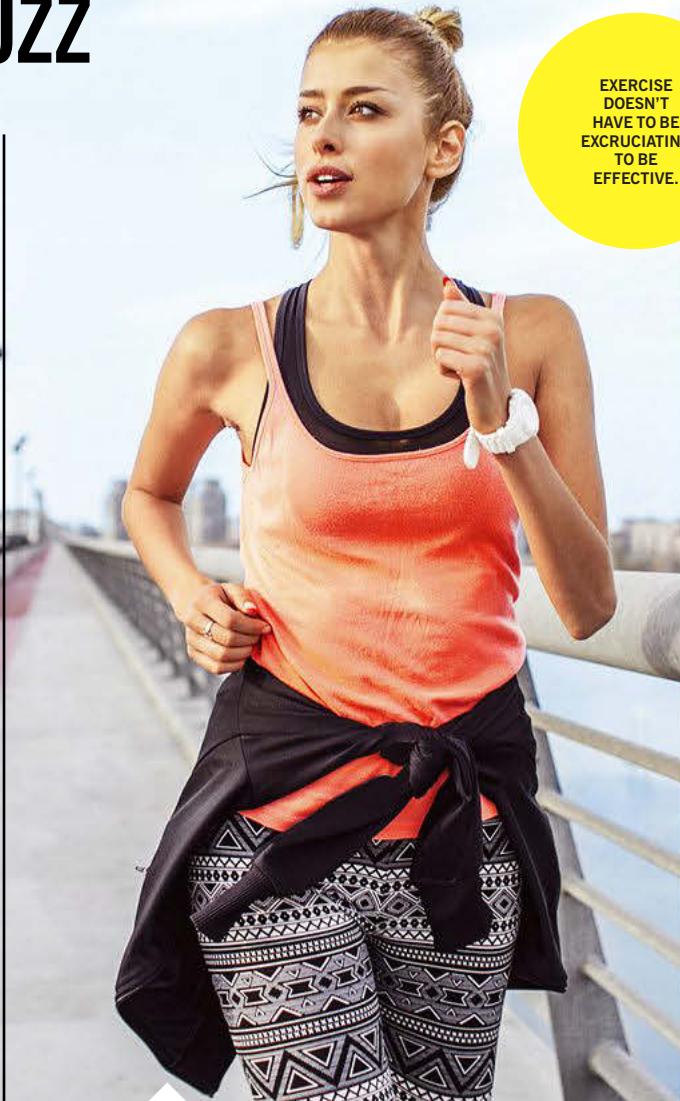


**2 BENCH PRESS** Lie faceup on a bench, and hold barbell across chest with a push-up-width grip. Extend arms, lifting bar. Bend arms, lowering bar until it taps chest.



**3 SQUAT** Stand with a barbell on a squat rack (the cagelike frame with hooks for bar placement) on shoulders. Grip bar with hands at shoulder width. Lift bar back and step back, feet shoulder-width apart. Bend knees until thighs are parallel to floor. Straighten.

—DIANDRA BARNWELL



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## SWEAT STYLE

If pretty gym clothes motivate you to hit the gym, they're worth it. Designers Derek Lam, Rebecca Minkoff, and Mara Hoffman all just released activewear that's runway-chic (Hoffman's kaleidoscopic prints—yes!) but in stretchy, sweat-wicking fabrics. Splurge away.

—D.B.



## It's Okay to Run Slower

By taking it easy four out of five sessions per week (you can sing "Fight Song" no problem) and pushing yourself for one ("Can't, gasp, talk"), you'll avoid fatigue and get faster—and fitter, according to the new book *80/20 Running*. Low intensity burns more fat, and high intensity torches more calories. A winning combo. —LISA JHUNG

**THE 1-QUESTION FITNESS TEST** Pretty fit? Try this: Sit down on the floor, then get back up. Brazilian researchers developed a point system (5 for getting down perfectly, 5 more for standing up; one point is deducted each time you use limbs for support or lose your balance), and for each point closer to 10, your risk of death decreases by 21 percent. Wobbly? Boost flexibility and balance by adding yoga or dance to your workout roster. —DANIELLE McNALLY



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Shown from left: HD Peony, HD Geranium

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Keep the color you love with L'Oréal EverPure shampoo and conditioner—the anti-fade formula is sulfate-free to protect your hair for up to 32 washes.

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# FOOD BUZZ

# WIN THE FOOD COURT

You can find healthy(ish) food anywhere if you know where to look.

BY HILLARY BAUTCH



## Spice Is Nice

It seems like sacrilege, but dessert can be too sweet. "Excess sugar is bad for your health and muffles delicious flavors," says Samantha Seneviratne, author of cookbook *The New Sugar & Spice*, who uses nutritious spices, like cinnamon and ginger, instead. For an even healthier treat, top this cake with powdered sugar in lieu of caramel sauce.

## Apple Date Cake

► Preheat oven to 350 degrees and butter a 9-inch springform pan. Bring 20 pitted, chopped dates and 1 cup water to a simmer. Cook about 1 minute. Remove from heat. Stir in 1 teaspoon baking soda.

► Whisk together 2 cups all-purpose flour,  $1\frac{1}{2}$  teaspoons baking powder, and  $\frac{1}{2}$  teaspoon kosher salt. In another bowl, beat 10 tablespoons butter and  $\frac{1}{3}$  cup sugar on medium about 3 to 4 minutes.

► Beat in 2 large eggs, individually. Add 6 tablespoons peeled, minced ginger. Mix in dry ingredients, and beat until combined. Stir in date mixture and 2 diced sweet-tart apples. Pour into pan and bake 40 to 45 minutes.

## AT A GAS STATION

### Trail Mix

Nuts and seeds offer healthy fat and fiber, while chocolate means it's not boring. Plain nuts are best: "They're often salted or sugared to add flavor," says Matthew Ewy, RD.

## AT THE STADIUM

### A Soft Pretzel

Baked always beats fried. Skip the cheese sauce and knock off the extra salt: "They add bad fat and sodium," says Karen Kritsch, RD. Have mustard instead.

## AT A COFFEE SHOP

### Mini Doughnuts

Bagels with cream cheese and muffins are full of calories and empty carbs. But, says Kritsch, four mini powdered doughnuts have just 210 calories.

**TEA-TOXING: DOES IT WORK?**  
Celebs like Sarah Hyland and Vanessa Hudgens <3 tea-toxes—special tea regimens that supposedly boost weight loss and energy. Are the trendy (and pricey) packages worth it? Maybe not. "There's support for the benefits of green and black tea, but blends that claim to detoxify worry me. They may use herbs with a laxative or diuretic effect," says Diane McKay, PhD, assistant professor of nutrition science at Tufts University. Instead, try peppermint tea (it calms upset stomachs) or matcha (a great caffeine). —MARIA AZUA



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IT'S MY  
COOKIE AND  
I'LL EAT IT IF  
I WANT TO.

**I'LL HEAD TO CYCLING** first thing in the morning, I vowed after a second brownie. *Sure, I'll take a cheeseburger—I ran five miles today, I rationalized at a family barbecue. I have to go to the gym now so I can eat dessert later, I bargained before an anniversary dinner.*

Thoughts like these justified my eating habits. That is, until recently, when I couldn't fit in a run the day after Thai takeout. My husband and I had an early flight and hitting the pavement pre-dawn seemed unsafe. I freaked, snapping, "I'd rather miss the plane than get fat!" He gave me a look of utter confusion.

I felt defeated. After examining my attitude, I said no more of this crap. Why does a cookie have to come with consequences?

My logic wasn't far off. You don't need a PhD in nutrition to know that food has calories and exercise burns them. I wanted to maintain a 10-pound weight loss that took 18 months to accomplish. It felt natural to fix a calorie overload with a run or give myself license to eat anything after a hard workout.

Problem? For one, it backfires. "People vastly overestimate what they burn and eat extra," says Deborah Beck Busis, diet program coordinator at the Beck Institute for Cognitive Behavior Therapy. In one study, subjects ran and then ate the number of calories they thought they had burned. (A jerky experiment, IMHO.) On average, they ate 800 to 900 calories but had burned only 200 to 300.

So food rewards don't work, and neither do exercise punishments. Not long ago, I ate

# "No, I'm Not Going to Work Off That Cookie"

For **Jessica Migala**, exercise and eating went hand in hand.

Learning to separate the two was freeing.

*allthecheese* and drank *allthewine* at a party and figured I could get rid of it at the gym the next day. "You can't exercise your way out of a poor diet," sports dietitian Molly Kimball told me. "It's easy to consume 1,500 to 2,000 calories. The average woman burns about 100 calories in 10 minutes of cardio, so to burn off those extra calories could take at least two-and-a-half hours of busting your butt."

Even if exercise-food trade-offs *did* work, they'd still be effed up. I want my relationship with food to be happy, not tortured. I love chasing pasta with cupcakes at girls' night and trying trendy restaurants with my husband. It's about food but also about being with my people. A nice bonus: That mind-set may help me on my hot-bod journey. One study found that people who associated cake with guilt ate more and had a harder time losing weight than those who linked their sweets to celebration.

That's why I've vowed to separate food from fitness. I work out to be stronger and fitter and to stay sane. I eat healthy food to feel good and maintain my weight. I also eat not-so-nutritious things, and I refuse to feel bad about it. I'm aiming to stop the self-hate in front of others—tough since my instinct is to mock my thighs.

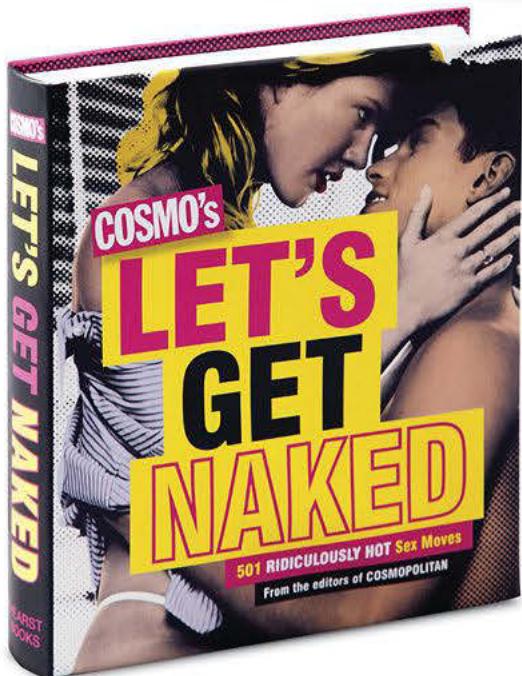
And when that voice creeps in, saying *Must. Run. Off.*? At Busis's suggestion, I ask myself: *Did I overeat?* Often, the answer is no (I feel good and not uncomfortably full). If it's yes, I don't beat myself up. I resolve to be healthier tomorrow. I might go to the gym, but I'll do my normal routine, not a kick-butt punisher. Then, I let it go. ■

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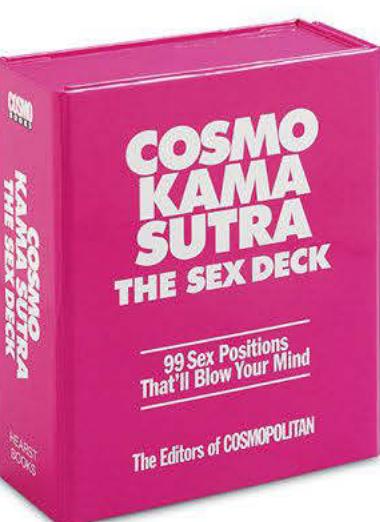
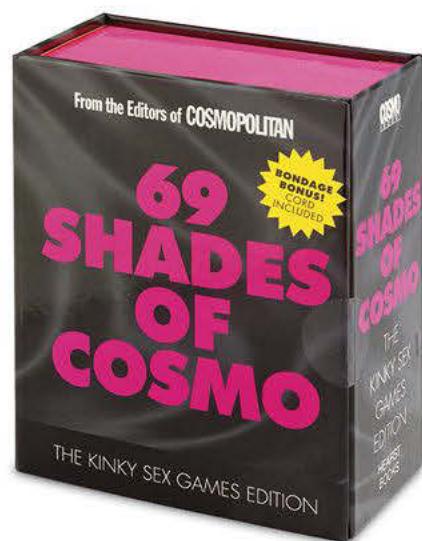


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# WANT TO SAVE A LIFE TODAY?



SAM (LEFT)  
AND BIG  
SISTER ALEX.

## JUST AFTER

her junior prom, in the spring of 2010, Sam Kimura noticed a large bruise on her leg. She didn't think much of it. Then the straight-A student and lacrosse player started feeling fatigued. Her temperature crept up, and her skin turned sheet white. She suffered nasty bouts of vertigo. The culprit: severe aplastic anemia, a rare blood disease (fewer than 900 people are diagnosed annually) that occurs when the body fails to produce the blood cells needed

WHEN SAM KIMURA GOT SICK, HER BIG SISTER AND HER BESTIE JOINED TOGETHER WITH HER TO DO SOMETHING AMAZING: ROAD-TRIP-IT ACROSS THE COUNTRY TO FIND 50,000 REAL LIFESAVERS.

BY ROBERT SCHWARTZ

to carry oxygen, fight infection, and help with clotting. Untreated, infections or bleeding can be fatal. The only cure is a stem-cell or bone-marrow transplant.

Her sister, Alex, then 19, was tested to see if she was a match (siblings have a 25 percent chance). Heartbreakingly, she wasn't—and neither was anyone on the national registry. Immunosuppressants wrestled the disease under control, enabling Sam to graduate high school and enroll in Western Kentucky University. Still, there's a 30 to 50 percent chance her meds will stop working, making a transplant crucial.

Every year, more than 14,000 people with blood cancers or disorders like Sam's join the list of U.S. patients who need a transplant. Although the chances are lower for minorities, many will someday find a match. In order to be one, donor and patient must provide

DNA (a cheek swab does it) and have 10 of the same human leukocyte antigen proteins. Doctors collect a donor's stem cells using either a process of drawing and returning blood or an outpatient procedure under anesthesia. The odds of swabbing leading to donating are 1 in 540. In order to build up the registry—and maybe find Sam a match—the sisters started hosting small donor registration drives at local colleges while kick-



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## IN 12 MONTHS, THEY WOULD HIT 200 CITIES—AND ALL 50 STATES—IN HOPES OF SIGNING UP 50,000 POTENTIAL BONE-MARROW DONORS.

Armed with a copy of *Nonprofit Kit for Dummies*, she put together a travel budget (they'd need gas, food, and hotel rooms) using the grant money and donations they received. When their uncle suggested the name SAM—Sharing America's Marrow—Alex filed for the copyright, bought the domain name, and built the website.

The only thing missing was their best friend, Taylor Shorten. Taylor grew up next door. She'd hung with Sam when she was sick and traveled with Alex around Europe. The sisters sent Taylor, then working at an orphanage in Costa Rica, a text: "We're doing this van thing? Wanna come?"

Taylor, 24, is the first one up in the morning (much to the irritation of Sam and Alex) and first to insist they go dancing after a 15-hour day—this go-getter attitude draws people to their table at events. By the time she got home, trip planning had kicked into overdrive. The girls leased a Mercedes-Benz Sprinter van and installed metal shelving, a microrefrigerator, and Wi-Fi. At 5 a.m. on January 20th, they climbed in and left Louisville in the rearview mirror. **ALEX:** "The first few days on the road were hilariously awful!" **SAM:** "Even the first day. It was cold, dark, we were crying, with no idea where we were going." **ALEX:** "We were eating this disgusting microwave Indian food." **TAYLOR:** "And we kept wondering, What are we doing?"

**THE PLAN** went as follows: Get permission from a school, roll up to campus, set up the table, and students will flock to sign up. But students did not flock. The trio had underestimated the

effort planning 200 events takes. The myriad phone calls and e-mails (most unreturned) to the schools, the long hours in the van, the loading and unloading were overwhelming. Worse, not everyone took them seriously. Administrators kept asking "Where's your adult sponsor?" One month in, the girls called a team meeting.

**SAM:** "We weren't eating right, weren't sleeping. When one of us got sick, we all got sick."

**TAYLOR:** "And we had hundreds more events to plan!"

**ALEX:** "Our phones were blowing up with texts and calls of congratulations. No one knew what a mess we were."

**SAM:** "One night, we were kneeling on the floor eating junk food off towels."

**TAYLOR:** "All we could think was how hard the trip was and how unprepared we were."

**ALEX:** "We don't go to these schools. No one knew us there."

**SAM:** "We felt like freshmen every single day."

They regrouped. They started e-mail-blasting campus community service organizations, knowing that could be their in. The organizations could secure a high-traffic location for their table. Those students would tell friends, who'd tell other friends. Maybe they'd all agree to be swabbed.

**WHEN THEY** left Louisville, Delete Blood Cancer, the donor center they've partnered with to analyze the swabs they collect, gave them a brass bell to ring when a patient matches with someone on the donor registry. (It takes at least four weeks post-swab to find out.) Up the east coast, they rang the bell so exuberantly that it

ing around the idea of visiting more cities. "Maybe a trip around America?" Alex mused.

**ALEX:** "We already knew how to find donors locally. So we thought, Let's go to more schools. Let's go to all 50 states!"

**SAM:** "I called a meeting with my doctors to see if my health could handle it. When I announced that I had big news, one of them said, 'You're engaged!?"

**ALEX:** "No! Something better!"

**THE ROUTE** would begin in Louisville, their hometown, dip south to Florida then up the eastern seaboard for the spring. They'd head through the heartland over summer, snake into the northwest (hello, Alaska), and spend mid-fall in the southwest. Just before Christmas, they'd fly to Hawaii. In 12 months, they would hit 200 cities—and all 50 states—in hopes of signing up 50,000 potential bone-marrow donors.

Time spent working at the cancer nonprofit Livestrong, in Austin, Texas, gave Alex—tall and lean, with a steady demeanor—the managerial skills necessary for the trip.





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# READ



THREE'S COMPANY!  
FROM LEFT:  
TAYLOR,  
SAM, AND  
ALEX.



STUDENTS SIGN UP IN ASHEVILLE, NC, IN MARCH.

broke. They bought another, but it broke too. Finally, they downloaded a bell app. A quarter of the way in, they'd been notified of 31 matches (now they're up to 67). The events got easier, the number of students signing up skyrocketed, they began to have fun. They treated themselves to time off, visiting iconic spots in each city, hanging at a fun bar, taking yoga classes (once in a national park). The trip was finally becoming the adventure they'd hoped for.

Up until late April, the girls were averaging 75 donor sign-ups per day. Then at Boston College, they signed up 228. Students swarmed their folding table in the McElroy Commons Building. "Wanna get swabbed?" "Wanna save a life today?" they asked passersby. A girl with green eyes and a maroon-and-gold BC sweatshirt pushed through the crowd, "I do!" She was handed a consent form and two Q-tips and told to swab the inside of her cheeks for 20 seconds. "That was easy!" she said, impulsively hugging Sam. The bright-eyed BC student was possible donor number 7,858.

The next day though, when they hosted an event at Boston University, the outcome was markedly different. BU is an urban campus, with a quicker pace.

"Wanna save a life today?" Sam asked two male students.

"Nah, we're good," one chuckled dismissively.

Sam takes being turned down the hardest. Not just for herself but for everyone hoping for a transplant. The rejections had come machine-gun style at one school in Georgia, five weeks into the trip. Their very worst day.

**ALEX:** "It was cold and rainy, and we were tired."

**TAYLOR:** "We got rejected over and over. It was rough."

**ALEX:** "There was a lot of 'I have to get to class' and 'I don't do needles.' I was pissed at humanity."

**SAM:** "We signed up one person."

**TAYLOR:** "We saw everything differently from then on."

It was no longer just a fun road trip. They had learned the numbers: It takes about 20 *nos* for one *yes*. And women are more likely to agree to be swabbed than men are. Guys tend to move on when the girls try to explain what being a match entails.

"Most boys think that if they become a match, it is this scary, painful procedure. Not true!" says Taylor. Early on, the girls met 21-year-old Chris, who they signed up at Sam's college. He matched with a woman with multiple myeloma, a plasma cancer. He donated peripheral blood stem cells on a Monday, went to swim practice on Thursday, and swam in a meet on Saturday.

## IT'S EASY TO HELP

Find out if Sam, Alex, and Taylor's route heads through your neck of the woods by visiting [Sharing AmericasMarrow.com](http://SharingAmericasMarrow.com). Not nearby? Click through to request an easy mail-order at-home swab kit or donate money to support them on the road.

**SAM IS THE** center of this sisterhood, although it surprises her that Alex coaxed her into the trip. Quiet and introspective, she acknowledges that "it's a big deal that I'm here on the road for a year." Sam's doctor signed off on the road trip but with strict instructions to take her meds (25 pills per day!), be aware of fatigue, avoid sick people, wash her hands often, and get her blood tested every two months.

**SAM:** "They worried that I would get overexhausted and my immune system would weaken, especially since this trip involves constant interaction with a lot of people...and their germs."

**ALEX:** "I worry that Sam and Taylor will resent me for making them do this."

**TAYLOR:** "Which we always tell you won't happen."

**ALEX:** "But mostly we worry that if we push Sam, she'll relapse."

In low moments, they wonder: If we don't hit our goal (as of press time, they were up to 9,665 registrants), will the ordeal be worth it? They try to stay both upbeat and grounded. They're careful to make sure the attention they receive stays focused on the cause. "Our main goal is to build up the registry. Our second goal is to find Sam a match," Alex says. "We're not looking to be the Bone Marrow Kardashians."

As the van pulled away from Boston, music cranked up, the girls sang James Bay's "Hold Back the River." The next day was Maine. On any day, in any state, they'll ask someone if they want to be swabbed. And maybe that person will be a match and maybe a bell will be rung and maybe a life will be saved. ■



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# REPORT

YOU MAY HAVE HEARD about “pink Viagra.” That’s what some call the drug intended to boost women’s sex drive, Flibanserin, which is up for FDA approval for a third time (decision date: August 18). Although the nickname is a misnomer—Flibanserin affects neurotransmitters, not blood flow to the genitals like Viagra does—it has people talking about female sexual desire. And while it’s no fun to divulge over brunch that you never feel like doing it, it’s a real issue. Nearly 11 percent of women 18 to 44 suffer from a distressing sexual problem. *Distressing* being the key word.

“No one knows what ‘normal libido’ is,” says certified sex therapist Nan Wise, PhD. “It’s a problem if the woman says it is.” Other experts echo her opinion. What experts are split on is if meds are the answer. Flibanserin purports to treat female sexual dysfunction, meaning a reduced amount or lack of interest in sexual activity, fantasies, pleasure, or arousal (even in response to partner initiation) lasting more than six months that’s not due to something else. Whether or not the drug is okayed, if this sounds familiar, ask your doc if one of these “something elses” is the source of your libido’s crash.

## Your Pill

Sex drive is partially controlled by hormones, like testosterone. And some hormonal birth control reduce testosterone production, leaving less for revving libido. By one count, as many as 25 percent of women felt interest in sex diminish on the Pill, although Sandra Carson, MD, vice president of education for the American College of Obstetricians and Gynecologists, says young women are less likely to be affected by this than perimenopausal women. Switching contraception methods—maybe to an IUD or a pill with a different formula—could be an easy first fix.

## Your Mood

Both being depressed and being on antidepressants can kill your sex drive (ugh). “Sex falls off the

# Why Don’t I Want to Have Sex?



NO ONE IS ALWAYS IN THE MOOD.  
BUT IF YOU NEVER WANT SEX, IT'S TIME  
TO DO SOMETHING ABOUT IT.

BY DANIELLE McNALLY

body’s priority list when you’re coping with something difficult, like an illness where your energy level drops,” says Emily Nagoski, PhD, author of *Come As You Are*. That may explain why issues of the thyroid, which controls metabolism, are also tied to desire shifts.

You don’t have to be severely depressed to lose interest in sex; a major culprit is everyday stress. In fact, new research shows that low heart rate variability—linked to high stress levels—is associated with sexual dysfunction. “The cortisol and adrenaline that come with stress change how the brakes and gas of your sexual systems respond,” says Nagoski. The Rx: exercise (physical activity signals the body that you’ve escaped the stressor). Sleep helps too. Get one more hour of shut-eye and there’s a 14 percent higher chance you’ll have sex the next night.

## Your Mind-Set

Some ladies have a vibrant libido that, compared with their partner’s desire or their own expectations, seems like not enough. “Many women have clear ideas about how much sex they should be having—twice a week is a typical answer—and feel anxious if they fall short,” says Rachel Hills, author of *The Sex Myth*. Anxiety is the opposite of arousal, so being critical of your level of desire, performance, or body can hold you back. While boosting self-love isn’t easy, working to better your bod can have the secondary benefit of upping your hunger for sex. “The best predictor of sexual well-being is overall well-being,” Nagoski says.

## Your Relationship Status

One of the benefits of an LTR is sex time all the time, right? But that’s the catch: Once you’re in one, you may not want it. When you first get together, “the brain releases pleasure chemicals and baseline desire ramps up,” Wise notes. “Over time, you experience what seems like lack of desire, but look at where the baseline was.” It doesn’t necessarily mean the relationship is bad—it’s just science. ■



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As told to ABIGAIL PESTA // Photographed by TORBIEN

# My Boss Sexually Harassed Me—and a Jury Awarded Me

When **HANNA BOUVENG**'s dream job on Wall Street became a degrading nightmare, she worried that no one would take her side over her powerful boss. But she fought back and won big. She tells her harrowing story exclusively to *Cosmopolitan*.

# \$18 Million

# The day I lost both my job and my apartment, I felt a surge of joy.

When I met up with friends that night, they wondered how I could be so happy. I had been abruptly ousted from a Wall Street private equity firm and a glossy Manhattan apartment. My belongings were stuffed in plastic bags. But my friends didn't know what I had been through. And on that day, I didn't know that the chaos was just beginning.

My strange journey had started nine months earlier, in the summer of 2013, on a trip to the Hamptons with friends. The day after we arrived, we



BOUVENG,  
BACK HOME  
AFTER  
THE TRIAL.

were invited to a party at a Wall Street financier's house. We showed up and joined people lounging by the pool. I had been living in New York City for just a few months, having moved from my native Sweden. I was 23 years old, attending classes at Berkeley College in Manhattan and looking for an internship. I had a degree in media and communications from a Swedish university, a semester abroad in Hong Kong, and a year of experience working at a marketing firm in Norway. I had saved up my money to come to the United States on a student visa, and I arrived with two suitcases, knowing no one—my first time in America.

The financier introduced himself as Benjamin Wey, telling me he co-owned a chain of Swedish coffee shops. He asked a lot of questions about my past, my family. I'm an open person and described my childhood in the Swedish countryside, where my family bred horses and I loved riding. I was a quiet kid. If a teacher called on me in class, my face



WE TOOK A BUSINESS TRIP TO BOSTON. OVER A DINNER OF SHELLFISH AND CHAMPAGNE, HE TOLD ME I HAD A BRIGHT FUTURE. AFTER DINNER, I WAS SHOCKED TO LEARN THAT HE HAD BOOKED ONE ROOM FOR THE TWO OF US. I FELT PARALYZED.

turned red. The same thing happened if a boy talked to me. I had dreams of moving to a big city.

Mr. Wey invited me to a cocktail party at his place in Manhattan, and I went with a friend. He lived in a penthouse at the Ritz-Carlton downtown with sweeping views of the city, the harbor, the Statue of Liberty. I learned that he ran a billion-dollar private equity firm on Wall Street called the New York Global Group. Originally from China, he said he had come to the U.S. with the help of missionaries and just \$63 in his pocket. He was around two decades my senior, married with children.

**IN THIS ARTICLE,** Hanna Bouveng summarizes testimony she presented at her trial, which resulted in a jury verdict in her favor on some claims and in the defendants' favor on others. The jury did not explain which facts supported its verdict. Glenn Colton, an attorney for Benjamin Wey, said on behalf of his client: "Lost in the headlines is the fact that the jury rejected completely Ms. Bouveng's claims of forced sexual relations. Of course, we are disappointed in other aspects of the verdict and plan to pursue post-trial remedies vigorously."

In July, he invited me to lunch at a steak house off Wall Street. I thought we would discuss an internship, perhaps with the Swedish coffee shops. He had a different idea. He asked if he could sit next to me in the booth, then did so before I could reply. He said it was "lonely at the top" and he wanted a girlfriend to travel the world with him—first class all the way. The proposal made me mad. I said, "You'll need to find someone else for that." I said I was looking for a job.

The next day, he called and said he was impressed that I had said no—because people don't say no to him. I felt good about the fact that he respected me for standing up to him. I had made it clear that I wanted a job, so I thought we could put the awkward lunch behind us. He offered me a job and a great title: director of corporate communications. The salary was around \$2,200 a month. The company would sponsor a work visa. I would have an office on the 38th floor of the Trump Building on Wall Street.

**I started in October of 2013.** Soon I was attending business dinners, representing the firm. Mr. Wey told me it was important to dress for my role. He wanted to buy me things—scarves, jewelry. When I declined, it seemed to make him angry. I wondered if it was a cultural divide. I had come from Sweden, a country known for gender equality. He had come from China—maybe he thought I was being rude and ungrateful. I was new to Wall Street. I had no frame of reference for what's normal in U.S. business culture. In retrospect, I think he saw that I was vulnerable. Finally, I said okay. I felt guilty for offending him.

He made constant comments on how I dressed and my looks. Even in front of our associates, he said things like, "You don't need to go to the gym today. You have a fit and thin body." It was embarrassing and belittling. Yet other times, he built me up, introducing me as his "trusted director of communications." This became the norm—he would praise me one day, put me down the next.

If I went with him to social events after work, he was happy and treated me well. If I wanted to spend an evening with friends rather than go to a business dinner, he said I wasn't dedicated and treated me coldly. I quickly lost touch with my friends. He kept me on edge: He said I couldn't trust anyone but him. He said that on Wall Street, you need people to protect you—and that he would be my protector. Looking back, I can see that something was off, but it's harder to see it when you're in the midst of it.

That fall, we took a business trip to Boston. Over a dinner of shellfish and champagne, he told me I had a bright future. He went on and on, delivering a monologue, which is how he generally spoke to me. After dinner, I was shocked to learn that he had booked one room for the two of us. I felt paralyzed. He started kissing me and tried to get me to have sex with him without a condom, saying he was "clean." I said to stop, and he did. I was never attracted to him—he was married and old enough to be my father. I just wanted him to act like a normal boss.

The next morning, I went for a run along the har-

bor. I thought, *I can manage this situation.* I've always told everyone I'm a strong, independent woman. I just needed to be that person. I didn't want to lose my job and visa and return home to Sweden, defeated. I wanted to learn from this job. I loved New York. My family thought I was such a success. But I began to feel like I was losing my sense of self. When I saw my boss later that morning, he acted like nothing had happened. I didn't tell anyone what was going on. I felt too embarrassed.

My father sensed that something was wrong. We talked on the phone every day, and he noticed a change in my demeanor. My confidence was slipping. He suggested I come home—something he had never done. He had always encouraged me to pursue my dreams.

**On the job,** I was meeting high-profile people like Congresswoman Nancy Pelosi, Princess Madeleine of Sweden, New York City Mayor Bill de Blasio. My boss said I should move into an apartment befitting my role. I was living with friends in a tiny place with a window facing a brick wall. I told him I was fine where I was. He was persistent. During one workday, he showed me a one-bedroom apartment in a doorman building near the office. It was about \$3,300 a month, which is typical for Manhattan. I said I would need a raise to pay the rent. He said he would take care of it, which I assumed meant a raise.

I moved to the new place, but the raise did not come. Instead, he told me I could always ask him for cash when I needed it, which made me very uncomfortable. One day, he invited himself over for tea and tried to kiss me, and I said no...again. The next day, he was distant. I feared that my job was in jeopardy, that he could have my visa revoked and kick me out of the country. He could also come after me for rejecting him: He was well connected in business and politics, and he had used his power to intimidate and attack his enemies. He published an online magazine, *The Blot*, which fiercely bashed people who angered him.

In December, we flew to China, then to Dubai, on business. In China, I had my own room and thought everything was fine. In Dubai, he again booked one room for the two of us. He was relentless. I pretended to be asleep when he approached.

I regretted taking the job. I regretted moving out of my old apartment. But I felt that my options were closing in. If I quit, I would have a job on my résumé that had lasted only three months—a failure. I feared that if I reported the harassment, my boss would retaliate by trying to destroy me and my reputation.

In early January, he asked me to dinner to discuss year-end business. Afterward, he accompanied me home and pulled out a box of condoms, once again pressuring me for sex. He just never stopped. I felt blurry from drinks at dinner and worn down by his aggression, as if he had peeled away my identity. I had lost myself. This time, he got his way.

I felt like I left my body. I felt useless and devastated, like I was not worth anything. Over the next month, he pressured me into sex a few more



**"I REGRETTED TAKING THE JOB. I REGRETTED MOVING OUT OF MY OLD APARTMENT. BUT I FELT THAT MY OPTIONS WERE CLOSING IN. IF I QUIT, I WOULD HAVE A JOB ON MY RÉSUMÉ THAT HAD LASTED ONLY THREE MONTHS—A FAILURE. I FEARED THAT IF I REPORTED THE HARASSMENT, MY BOSS WOULD DESTROY ME.**



times, until I simply couldn't deal with it anymore. I thought, *I can't live like this.* I told him I would not do it again. I stopped caring about the consequences. I knew I could lose my job, my income, my visa, and my home, but at this point, my fear had shifted—I feared him. It felt like he wanted to own me.

I decided the only way out was to quietly extract myself from his control. I needed a new job that would sponsor my visa. I needed to see my friends. I needed to get away without incurring his wrath.

I applied for other jobs, but he constantly called and texted to monitor what I was doing. Once when I didn't respond, he showed up at my door, claiming he was worried. If I had dinner with friends, he told me they didn't care about me, that they were bad for my business image. And he reminded me that none of my friends had the resources to protect me. I was living in the city I had always dreamed of, but I was living in isolation and fear.

Suddenly, Mr. Wey told an executive at the firm that I required extensive training—which I took as threatening my job. He resumed the pressure for sex, telling me, "I'm the guy for you." I began pulling away, reconnecting with friends, and I eventually began seeing a guy I had met the previous summer. In April, my boss issued an ultimatum: If we did not have an intimate relationship, or "tangible love," by the beginning of August, I would lose my job and apartment.

### **On April 22, everything exploded.**

While I was at a work meeting, Mr. Wey marched over to my apartment, got a key, and let himself in. The guy I had been seeing was there. When he heard the door, he ran to the bedroom and jumped under the sheets, hoping my boss would go away. But Mr. Wey burst into the bedroom, shouting, "Who are you? Did you fuck her?"

Then he came to the building where my meeting was taking place, summoned me to the lobby, and promptly fired me. He said, "You fucking bitch! I'm gonna revoke your visa. I want you out of the apartment today." He followed me home and watched while I crammed my clothing into bags. I could feel



BOUVENG AND WEY BOTH TESTIFIED IN THE TWO-WEEK TRIAL.

his rage spreading across the room. A friend was due to meet me for lunch and arrived amid the scene. In a weird twist, my boss suggested that *she* send him her résumé. Later, in another wild swing, he asked me if I was okay or needed money. When we parted ways, he yelled that the “black guy could go fuck himself,” referring to the guy I had been seeing. I headed to a friend’s place to stay. The ordeal was over. I felt a rush of adrenaline—pure relief.

The respite didn’t last long. Mr. Wey began sending a tsunami of e-mails to my father, brother, friends, business contacts. He spread lies, telling my dad I was fired because “Hanna parties like crazy.” He said he was investigating the guy I had been seeing, calling him “dirty and drunk.” He said ominously about me: “She is not going to end well.” He told a business contact I was terminated due to “dishonest acts and violations of professional conducts,” citing “extensive alcohol abuse” and “possible use of illegal substance.” He told my brother I might get AIDS.

Then in yet another dizzying turn, he asked one of his associates in New York to hire me. And he called me and said I had “cheated” on him, as if he thought he was my boyfriend—which he certainly was not. He begged me to meet him at the swanky restaurant Per Se. I said that I did not want to see him and he should stop harassing my family and friends.

A friend recommended a law firm, Morelli Ratner, and I told attorneys David Ratner and Martha McBrayer my story. They told him to stop the abuse. But the e-mails continued. He told a friend and me that if I filed a lawsuit, our “dirty laundry” would come out, including “drugs, prostitution, lies, sex, nightclubs, alcohol, violence.” His lies were growing. Then, whiplash again: He e-mailed me to say how talented I am, inviting me on a trip to Hawaii. After that, he texted another friend of mine, saying that in the event of a lawsuit, “we will spend millions of dollars going after [Hanna] forever.” He said that all my family and friends would be dragged in, including my aunt, who is a member of parliament in Sweden.

I returned home to Sweden. In July of 2014, I filed a sexual-harassment lawsuit in federal court. The

bullying escalated. He posted a storm of Facebook messages, tagging friends and family, with photos showing my face next to stock images of pornography and drug use—like a woman snorting cocaine off another woman’s breast. He ran articles about me in his online magazine *The Blot*, accusing me of blackmail, calling me a “street walker” and “loose woman.” He ran photo collages of my family and friends, calling us “extortion criminals.” He launched 11 new websites to bully me, using domain names like HannaBouveng.com.

In August, a judge warned Mr. Wey about some of this conduct. But it kept going. He published photos of my aunt—the parliamentarian—with the word “fraud” splashed across her face. On a photo of my brother, he labeled him “cocaine dealer bro.” He attacked my lawyers too, calling them “ambulance chasers.”

I kept thinking it couldn’t get any worse. And then it did. In late August, he showed up in my hometown in Sweden. When a cousin called to warn me, I went to the police in Stockholm, where I was working at a café, and made a report. But before they could take any action, he found me at work. He stared at me and said, “Wow.” In a panic, I retreated to the kitchen and called the police. They gave me a phone that I could use to alert the nearest officer if I saw Mr. Wey.

**This summer, we went to court.** I feared that people would judge me and I wouldn’t be believed. At the trial, Mr. Wey claimed he was the victim—that I took advantage of his generosity. He denied the sexual harassment and called me a liar.

The jury ruled in my favor on sexual harassment, retaliation, and defamation but not on assault and battery. And they awarded me \$18 million. Honestly, I don’t know how much of the money I’ll see or when. Still, when I heard the \$18 million ruling, I felt vindicated: It sent a clear message that he could not harass and stalk me for a year and a half without any consequences. I was so relieved, I was in shock. My lawyer Mr. Ratner shook me and said, “They believe in you, Hanna.” I began to cry. I’m grateful to my attorneys for standing by me when they were targeted too. I’ll never tell a lawyer joke again. Without them, my former boss could have used his money to go after me endlessly, and I would not have been able to match him.

I’m not sure what’s next. I still love New York but have not decided where to live. My former boss took away my peace of mind. I wonder whether my relatives and I should get new identities and move somewhere new. I think I will forever feel paranoid. I joined the Swedish National Committee for UN Women, the group that fights for gender equality, and will work with them on future projects. I have learned that it’s okay to admit that you are vulnerable. It’s *not* okay for someone to prey on that. You shouldn’t feel ashamed when someone wrongs you. As women, we always tell ourselves that we have to appear tough and strong. But sometimes, we need to ask for help. ■

6

YOU  
SHOULDN'T  
FEEL  
ASHAMED  
WHEN  
SOMEONE  
WRONGS YOU.  
AS WOMEN,  
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TO APPEAR  
TOUGH AND  
STRONG. BUT  
SOMETIMES,  
WE NEED  
TO ASK FOR  
HELP.”



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COOL FOR THE SUMMER?  
MORE LIKE HOT FOR ALWAYS.  
BODY CONFIDENCE STARTS  
WITH STRIPPING AWAY  
THE NEGATIVE THOUGHTS AND  
FLAUNTING YOUR BLISS.

what's  
S E X y

/ for /

JACKET, DSquared2.  
SHORTS, 7 For  
*All Mankind*.  
EARRINGS, Me&Ro

september



by MARY H.K. CHOI

photographed by TESH

fashion director AYA KANAI

# Don't

# m E S S

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# d e M I

WITH CLEAR EYES, A FULL HEART,  
AND A HARD-WON KILLER BODY,  
**Demi Lovato** CAN'T LOSE.  
IN HER MOST REVEALING INTERVIEW YET,  
SHE BARES HER SOUL—AND THEN SOME!—  
ON HER NEW ALBUM, DOING BIZ WITH NICK JONAS,  
AND LIFE WITH HER ONE TRUE LOVE.

SHIRT, *Equipment*.  
BRA, *Tocca*.  
SHORTS, *Only Hearts*  
by *Helena Stuart*.  
SOCKS, *Hue*.  
EARRINGS, *Carolina*  
*Bucci*. NECKLACE,  
*Armadoro Jewelry*

It's 9:26 a.m. on a Saturday, and Demi Lovato and I are singing Fetty Wap's "Trap Queen," legs hoisted, feet fluttering, sweat dripping. We're in the mirrored cardio dungeon that is her home gym, located securely outside L.A.'s Thirty Mile Zone (from which *TMZ* gets its name). For the next hour, her trainer Ronny Comacho will put us through high-intensity interval drills made all the more brutal by the fact that Demi likes her workouts heated—like poach-an-egg-in-your-sports-bra heated.

I HAVE ALWAYS been an extreme person with everything I do," Demi tells me post sweat sesh. "My workouts can't be easy or else I don't feel like I'm doing anything. If I'm cycling, I'm cycling hard. If I'm hiking, I'm not doing Runyon Canyon." For the uninitiated: Hollywood's Runyon Canyon, a hotbed for celebs, is as much a destination for selfies as it is for heart health. "That hike is cute. But if you go to Runyon and come out with your face full of makeup still, then that wasn't a workout."

The competitive streak started early for the Texas girl whose big break was as a regular on *Barney and Friends*. She was 7 years old. "Even when I was in school," she recalls, "I wasn't just going to be homeschooled, I was going to graduate at 16." And she did. But as her fans, the Lovatics, are by now well aware, there can be a darker side to having such a single-minded intensity. Especially as it collides with psychological issues and growing up in the public

eye. Now 23, the actress/singer's rapid ascent to stardom is marked by struggles with an eating disorder, violence, alcohol and drug abuse, and a bipolar disorder diagnosis.

Today, what were once barreling self-destructive forces are being channeled into leg lifts, lunges, sumo squats, bounce squats. So. Many. Squats. The workout is a cathartic and important part of Demi's current routine, both mentally and physically. But in the past, the "total perfectionist" cited her obsessive personality as a reason to skip the gym. "I used it as an excuse not to work out," she says, laughing. "Like, 'I don't want to get too obsessed with it.' Everyone around me was like, 'Demi, you're lazy—you're not going to get obsessed.' But I monitor myself. And I tell everyone—Ronny, Wilmer, my team—to monitor it."

Wilmer Valderrama, Demi's live-in boyfriend, keeps an eye on us, so to speak. Displayed in the gym is an illustration of the actor as Bruce Lee

in *Enter the Dragon* that reads "Enter the Fez"—a reference to his role on *That '70s Show*. "It's really crazy," Demi says of their relationship. "I hate sounding cheesy but the term *soul mate*? You don't find that ever. Having somebody who can point out things before I even realize them is really good." Take, for instance, our photo shoot—Demi's first in her underwear. "I was psyching myself out for weeks," she says. Once she was on-set, she sent Wilmer a sneak peek. "I was like, 'Um, babe?' I didn't know how else to say this is what's happening. He was like, 'Oh my god. That looks amazing.' I felt very sexy."

**T**HE COUPLE, who share screen time this month in El Rey Network's thriller *From Dusk Till Dawn*, have been "off and on" for five years. The "off," Demi concedes, was mostly of her own doing. "The only times we ever broke up were when I was relapsing, whether it was drugs or in a bad place and rebelling against everybody, not just him," she says. "People say that relapses happen before you use. Your mind starts setting up the relapse before you take that drink or that first hit. The times we'd broken up, I had already gone to that place of, Yeah, this is what's happening. I didn't realize it at the time, but I just wanted to sabotage everything around me so that I could sabotage myself." Wilmer wasn't about to throw in the towel. "We started dating when I turned 18," she says. "Right after that, I went to rehab. People told him, 'You should probably leave. She's on a spiral, and you're going to be sucked down with it.' But he was like, 'I'm not leaving. This is somebody I really care about.' We relate on a lot of levels. I've seen a lot of shit. Shit people don't know about. He's seen a lot of stuff too." Perhaps that's what makes the 35-year-old good at assessing her needs. "Yesterday, I slept in, and he was like, 'Are you okay? You slept all day.' I was like, 'Yeah, I worked so hard. I'm tired.' But he reminds me, 'You may be depressed and not realize it.'"

You can't fault Demi for wanting to get her sleep on. Painted on one of the gym mirrors is the number 17—as in days until the video shoot for her single "Cool for the Summer." She's gearing up for the release of the insta-party-anthem and a summer packed with performances in decidedly hot-for-the-summer bathing suits. An epic Madonna-style wipeout at a pool party



SHIRT, TNA for  
Aritzia. BRA, Love  
Haus. PANTY,  
Fortnight. SOCKS,  
Falke. EARRINGS,  
Me&Ro. RINGS,  
David Yurman

**beauty tip**

GET DEMI'S LIT-FROM-  
WITHIN SKIN BY TAPPING  
NYC NEW YORK COLOR  
SMOOTH SKIN BB CRÈME  
BRONZED RADIANCE, \$4,  
ONTO CHEEKBONES.

gig in L.A. over the Fourth of July weekend proves not only is she in great spirits (“It’s not a tour without busting ass! #NOTCoolForTheSummer, she joked on Twitter), but as evidenced by her quick bounce back, she’s also in the best shape of her life. But not everyone will welcome her new revealing look. A few weeks after we meet, she’ll shut down her haters on Twitter with “Showing more skin cause I’ve worked HARD for this body #SORRYNOTSORRY.” Still, she tells me, “Sometimes I love my body. Sometimes I wake up and I’m like, ‘Fuck, I’m working so hard. Why isn’t anything changing?’”

For her fifth studio album, Demi is promising tracks with more bite. "There are a lot of girls in pop. They

have badass lyrics, but I feel like I'm the only person other than Rihanna and Nicki Minaj who isn't afraid to say, 'Try something on me and I'll fucking beat your ass.' There are people who can dress up and play the part, but their music doesn't say it." It's clear that Demi is all toned-armed and ready to battle her peers to the top of the charts. "I wish I could word this in a way that doesn't sound bitchy, but I don't fuck around. Girls can be catty with one another. Nobody really tries to pull shit on me because they know I physically don't put up with it." Case in point: the 2010 incident in which she hit a backup dancer aboard a South American flight. "I'm not proud of the mistakes that I've made. At the same time, my past shows

what I'm capable of. I'm a wiser person today. On a plane in Colombia, I *probably* won't hit you," she says, deadpan. "But if you disrespect me, I can't say that I won't come at you. I'll just never throw the first punch anymore."

**S**HE WILL, however, go to the mat for the artists on her new label with Nick Jonas. Safehouse Records was created in part as a response to an industry that often ignores the humanity of its artists (see Amy Winehouse and even Demi herself) in favor of the bottom line. "If an artist is struggling with something, they can come to us and say, 'I'm really overworked. I need some advice,'" she says. "You're in a safe environment to talk about it. We want it to be like a family."

Demi, who dated Nick's older brother Joe, asserts that she and her cofounder have always loved each other on a platonic level—even if Nick recently declared in a game of Fuck Marry Kill that he would happily marry Demi. “I would hope so,” she exclaims. “You’re supposed to marry your best friend! Even when Joe and I broke up, I would talk to [Nick] about it. Now we’re practically married as business partners.”

Thankfully, Wilmer's not the jealous type. "Nick and Wilmer get along great—Joe and Wilmer too. It's weird. In the beginning, I was like, 'Why the fuck are you friends with Joe?' He was like, 'He's a cool guy.' Yeah, I know. I *dated* him."

That was back when the JoBros wore promise rings, Miley wore pants, and Demi was a normie—the term of endearment that her friends in recovery use for drinkers. Three-and-a-half years sober looks a lot different from her white-knuckle early days. “I used to be very judgmental and stuck up when I had a year-and-a-half sober,” she says. “I recently rekindled friendships with people, because I thought that if you weren’t sober then you didn’t have your shit together. I thought I was better than you. I’m no longer that judgmental person.” Wilmer is a normie, and for the record,



A black and white photograph of Demi Lovato. She is wearing a white lace bra and white crocheted shorts. A white button-down shirt is draped over her shoulders and tied at her waist. She is sitting on a dark, upholstered stool, looking down and to the side with a thoughtful expression. Her hair is dark and styled in a bob. A tattoo on her midriff is visible, featuring the text "X XXIII MCMLIX".

“I considered myself a FEMINIST before it was cool. Now everyone is claiming it.”

harder. Everything. You have to think, If you are chasing the next party your whole life and you always have to be numb, is that something to be proud of?”

As a former child star, *not* being the party girl is, in some ways, Demi’s most extreme act. She’s turned her laser-sharp focus to building an empire. This year, she’ll launch a Kardashian-esque mobile game costarring her Maltipoo Buddy (a Christmas gift from Wilmer) and voice Smurfitte in the upcoming *Get Smurfy*. She

she’s fine with it. “I don’t get triggered like I used to,” she says. “If he wants to have a drink, I’m like, ‘Go for it. Do your thing.’” Not that her outlook was always so breezy. “There was a time when I was jealous of people who were able to party. For instance, Miley—in her music video ‘Can’t Stop,’ her whole thing was partying and not giving a fuck. Part of me was super jealous that I couldn’t be like that. I had to look at my life and be like, ‘Okay, that’s just not what you can do. There’s

no need to be bitter about it.’”

For Demi, being sober means feeling all the feels and working through them. “When you are sober, you experience everything on a heightened level. If you are going through something stressful, you’re extra stressed. I used to sit through a scary movie and not be scared once. At haunted houses, things would jump out at me, and I would sit there bored. Then I got sober and I feel *everything*. I cry more. I fucking laugh

also has her eye on the prize: “I would really like to get a Grammy one day.” Just don’t expect her to fit into anybody else’s mold to get one. “The industry needs the artist who wears rhinestones and high heels and can walk wherever in head-to-toe glam 24/7. The industry also needs those who aren’t going to conform. I’m the second person. I don’t conform. I fucking wear sweats. I don’t put on heels to go to Whole Foods.” We wouldn’t have it any other way. ■

PHOTOGRAPHED BY  
**DAMON DAKER**  
FASHION DIRECTOR  
**AYA KANAI**

**THIS PAGE**

JACKET, VEST, PANTS, *Kenzo*.  
RINGS, *Dauphin*

**OPPOSITE PAGE**

DRESS, BOOTS, *Valentino*.  
EARRINGS, *Yael Sonia*





**GRAPHIC**

**CONTENT**

BASIC, BE GONE! THIS FALL IS ALL ABOUT A MIX OF UPTOWN POLISH AND DOWNTOWN FUNK. TREND-SETTING MODEL SOO JOO PARK SHOWS YOU HOW TO TAKE YOUR STREET-STYLE GAME TO THE NEXT LEVEL.





**THIS PAGE**  
DRESS, BOOTS, BAG,  
*Dior*: BRACELETS, RINGS,  
*Dior Fine Jewelry*

**OPPOSITE PAGE**  
COAT, SWEATER, SKIRT, SHOES,  
EARRINGS, *Miu Miu*

### BEAUTY TIP

STATEMENT LASHES  
TRUMP THE NATURAL  
LOOK THIS FALL. GET  
THEM WITH L'ORÉAL  
PARIS VOLUMINOUS MISS  
MANGA ROCK MASCARA,  
\$8—THE POINTY  
BRISTLES CREATE AN  
EDGY, XXL EFFECT.

**THIS PAGE**  
DRESS, BOOTS, *Calvin Klein Collection*.  
RINGS, *Dauphin*.

**OPPOSITE PAGE**  
JACKET, SKIRT, SHOES,  
BAG, *Chanel*. CUFF,  
*Chanel Fine Jewelry*





THIS PAGE  
COAT, MUFFLER, TANK,  
TROUSERS, *Michael Kors*  
Collection. BRACELET, RING,  
Lorenz Bäumer

Hair: Dennis  
Lanni for Art  
Department.  
Makeup: Sir John  
using L'Oréal  
Paris at Streeters.  
Manicure: Mei  
Kawajiri for Essie.  
See page 234 for  
shopping  
information.





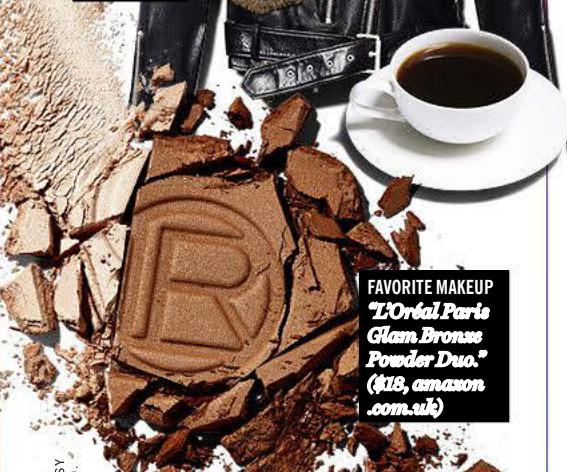
## ALL ABOUT

# SOO JOO

MUST-HAVE  
FALL JACKET  
*"Leather motorcycle jacket."*  
(All Saints, [allsaints.com](http://allsaints.com))



FAVORITE MAKEUP  
*"L'Oréal Paris Glam Bronze Powder Duo."*  
(\$18, [amazon.com.uk](http://amazon.com.uk))



WHEN IN CALI  
*"You must visit In N' Out and, if you have time, Joshua Tree [above] or Big Sur."*

FAVORITE TOP  
*"I usually go for men's button-ups."*

BEAUTY STILLS: JEFFREY WESTBROOK/STUDIO D; FASHION STILLS: STUART TTYSON/STUDIO D; DESIGNER: SOO JOO; COURTESY OF SOO JOO; COURTESY OF SUBJECT; WIREIMAGE; PIER (MODEL SJAM.COM: GETTY IMAGES (4).

**SOO JOO PARK** isn't someone who plays by the rules—that goes for everything from her path to top-model-dom to her signature platinum blonde hair. "I always wanted to bleach it," she remembers. "One of the more dramatic moments in my life." Here's another: You know that model-gets-discovered-at-age-14 story? Well, Park was already a UC Berkeley grad with an enviable graphic design gig when she was scouted in a San Francisco vintage store at 23. "I loved fashion, but I never thought that I could do it as a career," she says.

**THE CALIFORNIA GIRL** (born in Seoul, South Korea, she moved to Anaheim at age 10) says she's "always been a slow burner," but when she decided to move back to Seoul to kick off her modeling career, it didn't take her long to rise through the ranks. She scored gigs for *Vogue* Korea and *Chanel*, walking the runway with Karl Lagerfeld himself. This year, she became the first Asian-American model to be named a spokesperson for L'Oréal Paris. "Personally, it's a defining moment," she says. "I have a bit of a nontraditional aesthetic for beauty, so I hope I can be an empowering image."

**EQUALLY EMPOWERING?** Soo Joo's (Sooj to friends) carpe diem attitude. "I was supposed to go to grad school and get a Master's, but I wasn't sure that was what I wanted. Once I started doing what I wanted, I found my people. It's about getting out of your comfort zone to find your happy zone."

HEELS OR FLATS? *"I love a little bit of a heel, like Chelsea Boots."*  
(*Gianvito Rossi*, [net-a-porter.com](http://net-a-porter.com))



FAVORITE LIPSTICK  
*"L'Oréal Paris Colour Riche Lipstick in True Red."* (\$9, drugstores)

LITTLE  
SOO JOO  
*Before the blonde.*



No one belongs here more than you. Stories by Miranda July

CURRENTLY READING *No One Belongs Here More Than You*, by Miranda July.

MOST  
TREASURED  
RED-CARPET  
MOMENT *"My first Cannes red carpet, this year. I loved my dress [by Oscar de la Renta]."*



FAVORITE JEANS  
*"Straight-leg normcore jeans by Margiela."*  
(MM6-Maison Margiela, [maisonmargiela.com](http://maisonmargiela.com), 646-664-1655)

# FALL'S

# MOST

THIS SEASON,  
THE TRENDS YOU'LL  
BE OBSESSING OVER  
BREAK THE  
TRADITIONAL LAWS  
OF BEAUTY. BUT  
IF LOOKING THIS  
AMAZING IS WRONG,  
WHO THE HELL  
WANTS TO BE RIGHT?

BY LONI VENTI PHOTOGRAPHED BY JAMES MACARI

FASHION EDITOR: JAMES WORTHINGTON DEMOLET

# WANTED



**WANTED  
FOR...  
GOING  
OUTSIDE  
THE  
LINES**

Eyeliner inspired by celestial face tats? Beyond badass. A self-sharpening eye pencil (like CoverGirl Perfect Point Plus Eyeliner, \$5.33) keeps the look on point.

**DRESS, Suno. EARRINGS, Rosa de la Cruz**

Opposite Page

**WANTED  
FOR...  
HAIR  
ACCESSORY  
OVERLOAD**

It's the new arm party! Secure a loose updo with clips, pins, and/or barrettes, then slip on a headband. Chicest. Lazy hair day. Ever.

**DRESS, Valentino.  
HEADWRAP, Jennifer Behr. HAIR PIN, Chanel.  
EARRINGS, STAR RING, Rosa de la Cruz. RING, Thirteen31**



■  
**WANTED  
FOR...  
CLUMPY  
LASHES**

Think: Twiggy on steroids. And the latest cone-shaped mascara brushes and fiber-thickening formulas offer the wide-eye look in a few swipes. (We love Maybelline New York Volum'Express The Colossal Chaotic Lash Mascara, \$7.77.) Add a raspberry lip (try Dior Addict Lipstick in Fashion Night, \$35) for polish.

■  
**WANTED  
FOR...  
UNNATURAL  
BROWS**

For a new take on the statement brow, go blue! Colored mascara offers a hint of tint (just run Lancôme Grandiose Mascara in Saphir Mirifique, \$32, through hairs), or go all the way with hair chalk (dampen hairs with brow gel, then brush on Splat Hair Chalk, \$6).



TOP, SKIRT, Peter  
Pilotto. EARRINGS,  
Rosa de la Cruz  
Opposite Page  
DRESS, N° 21

■

**WANTED  
FOR...  
BOLD LIPS  
AND EYES**

The secret to two-timing in a fresh (not overdone) way:

Pair two classics, like a blacked-out eye and bold red lip. Kajal liners (such as YSL Couture Kajal Eyeliner Pencil, \$35) gently tint inner and outer lash lines. Apply, then smudge your way to smoky. Give lips a satin finish with Nars Semi Matte Lipstick in Jungle Red, \$27.

**COAT, DRESS, Saint Laurent  
by Hedi Slimane. EARRINGS,**

*Rosa de la Cruz*

Opposite Page **COAT, DRESS,**  
*Calvin Klein Collection*





■

## WANTED FOR... COLOR ABOVE THE CREASE

All you need to throw major attention-stealing shade: a chubby eye pencil (like Estée Lauder Magic Smoky Powder Shadow Stick in Indigo Smoke, \$22) and some cotton swabs to keep those curves (DHC's Olive Virgin Oil Swabs, \$6, are filled with makeup remover).

**HAIR:** Zaiya Latt for Bryan Bantry Agency. **MAKEUP:** Kristen Gallegos Using *Chanel Rouge Coco*. **MANI-CURE:** Casey Herman for *Chanel Le Vernis*. **MODEL:** Kate King/IMG. **PRODUCTION:** First Shot Productions. See page 234 for shopping information.



# THE FIGHTER

DON'T STOP BELIEVING. AFTER A HANDFUL OF TEENAGE MISSTEPS, BOY WONDER TURNED FULL-FLEDGED SEX SYMBOL JUSTIN BIEBER REBRANDS, REBUILDS, AND FLEXES HIS MUSCLES AS A MUSICAL FORCE TO BE RECKONED WITH. WE, OF COURSE, CAN'T LOOK AWAY.



BY SERGIO KLETNOY  
PHOTOGRAPHED BY ANTHONY MANDLER  
FASHION EDITOR:  
JAMES WORTHINGTON DEMOLET

BRIEFS (worn throughout), Calvin Klein Underwear; SHORTS, Givenchy; BRACELETS (worn throughout), Justin's own Cartier

**FULL NAME:**  
Justin Drew Bieber.

**MY FIRST SHOW WAS IN:**  
Tulsa, Oklahoma.

**I REALLY WANT TO COLLABORATE WITH:**  
John Mayer.

**TOP 3 SONGS ON MY IPOD:**  
“Too Hollygrove to Go Hollywood,” “Legend,” “No Longer Slaves.”

**GO-TO KARAOKE SONG:**  
“Let It Be.”

**FAVORITE SUMMER SONG:**  
“Teenage Dream.”

**GO-TO DANCE MOVE:**  
Groove.

**FAVORITE CANADIAN STAPLES:**  
Ketchup chips, Tim Hortons doughnuts, poutine.

**I'M EMBARRASSED TO ADMIT IT, BUT I WATCH:**  
*Scandal*.

**FIRST DRINK I ORDERED LEGALLY:**  
Beer.

**I'M SECRETLY TERRIFIED OF:**  
Spiders.

**TANK, *Greg Lauren***

FOR BEHIND-THE-SCENES VIDEO FROM OUR SHOOT WITH JUSTIN, DOWNLOAD THE DIGITAL EDITION AT [MY.COSMOPOLITAN.COM](http://MY.COSMOPOLITAN.COM).

**BIEBER, BOTTLED**

The Bieb's latest scent, Justin Bieber Collector's Edition, \$39.50, is a musk and sandalwood mix that'll bring out your seductive side.



Thank you for your support  
Check out the new album  
*Justin Bieber*

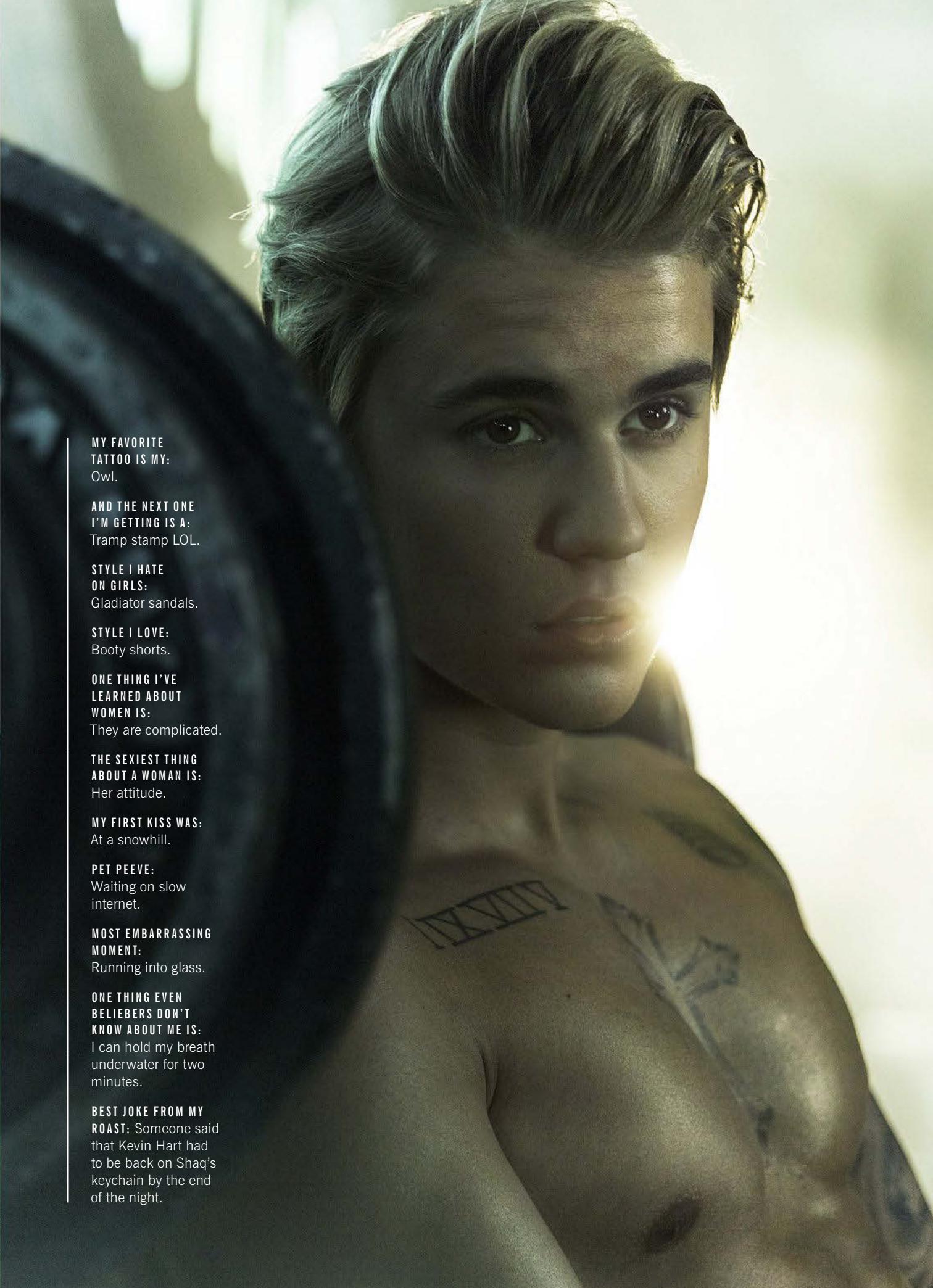


SHORTS, *Silent Damir Doma*

GROOMING: *Florido Basallo*  
using *Dior Homme*. CREATIVE  
CONSULTANT TO JUSTIN BIEBER:

*Ryan Good*. PROP STYLIST: *Ward*  
*Robinson/Wooden Ladder*.

PRODUCTION: *First Shot*  
*Productions*. See page 234 for  
shopping information.



**MY FAVORITE  
TATTOO IS MY:**  
Owl.

**AND THE NEXT ONE  
I'M GETTING IS A:**  
Tramp stamp LOL.

**STYLE I HATE  
ON GIRLS:**  
Gladiator sandals.

**STYLE I LOVE:**  
Booty shorts.

**ONE THING I'VE  
LEARNED ABOUT  
WOMEN IS:**  
They are complicated.

**THE SEXIEST THING  
ABOUT A WOMAN IS:**  
Her attitude.

**MY FIRST KISS WAS:**  
At a snowhill.

**PET PEEVE:**  
Waiting on slow  
internet.

**MOST EMBARRASSING  
MOMENT:**  
Running into glass.

**ONE THING EVEN  
BELIEBERS DON'T  
KNOW ABOUT ME IS:**  
I can hold my breath  
underwater for two  
minutes.

**BEST JOKE FROM MY  
ROAST:** Someone said  
that Kevin Hart had  
to be back on Shaq's  
keychain by the end  
of the night.

“SHAVING WITH SOAP AND WATER  
WON’T GET YOUR LEGS  
THIS SOFT AND SMOOTH!”

- Jana Kramer



Pure Silk Shave Cream contains aloe to moisturize your skin, giving you the smoothest, most touchable legs without irritation. Shaving with Pure Silk is the easiest way to *love your legs!*

PureSilk®

EDITED BY  
MARINA KHIDEKEL

# Making Love Is Cool Again

SOMEWHERE ALONG THE WAY, THE IDEA SPREAD THAT MAKING LOVE IS CHEESY. BUT ROMANTIC SEX, WHETHER WITH YOUR HUSBAND OR YOUR HOOKUP, CAN BE SERIOUSLY HOT. **SARA STEWART** MAKES THE CASE FOR MAKING LOVE.

## For most of my adult life, I've been creeped out by the phrase *making love*.

So flaccid. So precious. The kind of thing you'd hear from a guy who keeps his socks on during the act—missionary only—then asks if you're okay afterward.

Make love to me? Ew. No thanks. You can fuck me or you can see yourself out.

Love and lust always seemed separate in my mind. *Love* was what you had when you were walking hand in hand making starry-eyed plans about the future. *Fuck* was what you did when you were feeling carnal, unable to keep your hands off each other. But lately, I've been rethinking my stance.

Maybe it's because I'm in a nauseatingly healthy relationship or just have a fondness for all things '70s (funk music, going braless), but I've been liking the way *making love* rolls off the tongue.

It's evocative of a time before Botox, Brazilians, and vaginal rejuvenation—when the best-selling manual *The Joy of Sex* provided a generation with instructions for “advanced lovemaking,” complete with illustrations of hirsute, lusty couples getting it on, unconcerned about measuring up to some external standard of beauty.

Of course, the phrase couldn't last. As our sexual culture opened up, *making love* began to sound downright corny—the province of old movies (Woody Allen, anyone?) and old-guy classic rock (I'm looking at you, Bad Company). As sex-positivity became more mainstream, it wasn't necessary to euphemize the act—on the contrary, sex became something we talked about in up-front, graphic terms...and became

all the better for it!

These days, though, we might have swung a bit too far that way. Hookup apps make it possible to reduce dating and casual sex to a joyless grind. Internet porn is so ubiquitous, it has set bizarre and misogynistic standards for both our appearances and what we do in the sack. Many young women now see “facials” and anal as expected items on the sexual menu, whether or not they like it. In short, there's very little reverence about sex these days. And what's less sexy than that?

“There's something to be said for raising sexual unions, even the casual ones, to a level of sacredness we don't often see in today's pop culture,” says Lo Sharkey of duo Em & Lo, authors of *150 Shades of Play* and six other guides to sex. “Fucking and making love should not be mutually exclusive.”

Who knew? Making love doesn't have to be gimmicky sex in a champagne-flute-shaped Jacuzzi to the sweet sounds of Barry White (although the popularity of *The Bachelor* suggests that soft lighting and red roses touch a romantic nerve for modern women). You don't even necessarily need to be in love to do it, adds Carol Queen, author of *The Sex & Pleasure Book: Good Vibrations Guide to Great Sex for Everyone*. All you need, she says, is “to think that sex is a

good thing in the first place and it's okay—indeed, an honor—to share it.”

Maybe it's just about really drinking in each other's bodies, taking your time with foreplay and the deed itself, and focusing on both partners' pleasure...while some Miguel happens to be playing on someone's iPhone. Who could argue that more foreplay and more time for women to get theirs (studies have shown many women need at least 20 minutes of foreplay to become fully aroused and ready for sex), isn't a pretty cool idea?

I'm not the only one reviving the old-timey term: Chrissy Teigen recently remarked that “the very best part of being married to John [Legend] is making love.” Oscar winner Alejandro González Iñárritu described the process of shooting his movie *Birdman* as “making love, for sure.” And a new website, [MakeLoveNotPorn.TV](http://MakeLoveNotPorn.TV), showcases sex videos of real people and not professional porn stars, because “the sex we have in our everyday life is the hottest sex there is.”

Go on, give “making love” a try next time you get busy. Worry less about the aesthetics of sex. Focus more on your connection with your partner. Make a little more eye contact; allow for some gentle humor and sweetness. You just might find lovemaking is the sexiest sex there is.

### Keep Love Alive! (AT EVERY STAGE OF DATING)

**2ND DATE** Meet at a museum after work. It's better for conversation and anticipation of the end-of-the-night kiss than chugging cocktails out of Mason jars.

**1 MONTH** Have a boozy picnic in a park, and bring volumes of poetry. The combo of alcohol, romantic words, and nature...just try to pick a secluded area, okay?

**6 MONTHS** Little gifts for no occasion—a book from a flea market that just made you think of him—stoke those romantic coals during your hectic days apart.

**1 YEAR AND BEYOND** Road trip! You'll reconnect outside the daily grind of everyday life. It's well worth the price of gas.  
—ANNA BRESLAW



TURN UP THE  
ROMANCE

## 4 POSITIONS TO MAKE MAKING LOVE HOT



### THE LOVER'S CLAW

When your *lovah* is on top, hook your legs over his butt. Not only does it keep your bodies close, which means your grip is deliciously tight for him, but it tenses your pelvic muscles, upping blood flow and culminating in a bigger O for you.



### THE TENDER TWIST

Lie on your side, propping your upper body up. Have him enter you from behind while you rest your back thigh on his knee, keeping you nice and close. Enjoy the combo of rear entry and romance.



### THE COWGIRL CUDDLE

Skip the full bucking bronco. Get on top, pressing your bodies close, and tuck your calves under his. Now grind against him, giving your clit some TLC.



### THE YOU-AND-EYE-GASM

Straddle him and lean back until you're bracing on your hands, connected only by your fun bits. Slowly move backward and forward. The combo of nerve-teasing shallow penetration and deep eye contact is sizzling. —A.B.

# SEX TIPS FOR ONE

LET'S START WITH the obvious: The grass is green, the sky is blue, and people masturbate—gleefully and often. But men more so than women. According to Indiana University's National Survey of Sexual Health and Behavior, while 84 percent of men and 72 percent of women ages 25 to 29 copped to getting off solo in the past year, women do it far less frequently. Forty-four percent of guys say they masturbate two or more times a week, but only 13 percent of women say the same, proving that too many women are waiting for a duet to bring their own damn house down.

Happily, we're in an age where the stigma surrounding masturbation has gone the way of the AOL chat room. Still, complacency abounds. "So many women think, My prince will come, and so will I," says sex and relationship therapist Emily Morse, PhD. "But that rarely ends well—you have to do the work on your own." Uh, work? More like play. The big O releases feel-good endorphins that calm you the eff down after a stressful day at work. Self-love also strengthens your pelvic-floor muscles, toning you up for even more orgasms (think Flywheel for your hoo-ha). It even opens up the cervix to flush out bad bacteria.

But perhaps the sweetest benefit of all: Exploring on your own puts you in touch with your turn-ons, which makes for way better sex with someone else. Once you learn how to give yourself solo Os, you'll be able to school your partner on what you like. In short? One is so *not* the loneliest number.

Ladies: It's time to stop giving yourself the short end of the stick...by giving yourself the long end of a vibrator.

BY ANNA BRESLAW



## Get in the Mood

Foreplay isn't just for couples.

**1** Seduce yourself by gently stroking your erogenous zones: your inner thighs, behind your knees and ears, and the nape of your neck.

**2** Burn a scented candle to warm yourself up—according to the Smell and Taste Treatment and Research Foundation in Chicago, lavender and pumpkin pie aromas increase vaginal blood flow by 11 percent.

**3** Read a hot scene from a steamy book like *Luxe*, the newest release from New York Times best-selling author Ashley Antoinette, about a UCLA scholarship student who falls into a fast, dangerous (read: sexy) crowd in Los Angeles.

## BUST SOME MOVES

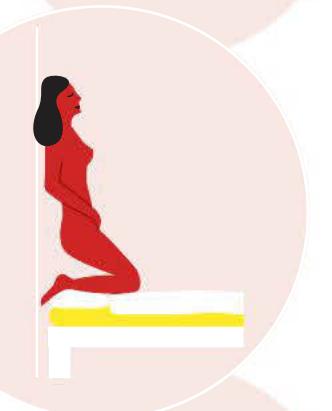
Switch up your solo style for mind-bending rewards.

### THE POWER POSE

Kneel on the bed, thighs spread apart, and lean back against a wall as you touch yourself. This solo pose gives you VIP access to your own body, allowing for external or internal vibrators, and the extra blood flow to your pelvis in this position will get your own motor running. Plus, you have a free hand to play with the girls. P.S. If your bed isn't up against a wall, feel free to move to the sofa...especially if *Scandal* is on.

### THE WET AND WILD

Ain't no 'bating like shower 'bating. While standing, put one foot up on the edge of the tub. Now minister to your clit with your fingers...or your removable showerhead. Remaining upright means you're twerking those pelvic muscles toward a bigger orgasm, and because your lady bits are so exposed, warm water is rushing over parts that rarely get any love.



### THE OLD FAITHFUL

Lie on the bed facing up. Once you've found your hot spot, double down by grabbing a curved internal vibe (try the *Mona 2*, \$139, [lelo.com](http://lelo.com)) to stimulate the G-spot simultaneously. Now drop your head down over the edge of the bed. The resulting blended O (both G-spot and clitoral) + the blood rushing to your head = .

### THE SURPRISE SENSATION

Lie on the bed facedown, with your back arched and bum slightly in the air. Now reach backward through your legs with your nondominant hand and touch your clit that way. To switch it up even more, change the way you normally hit your hot button. If you're an up-and-down kind of girl, try stroking diagonally. Or if you usually go straight for the bull's-eye, tease yourself by circling your clit with your fingertip, building anticipation and indirectly stimulating your nerve endings until you can't stand it anymore. It's like playing the sexy stranger game with yourself.

## Cool Ladies Who Love Themselves

THESE GIRL CRUSHES KNOW THE BENEFITS OF A LITTLE SOLO ACTION.



**"Ugh—never going to a Ryan Gosling movie in a theater again. Apparently, masturbating in the back row is still considered 'inappropriate.'"**

—ANNA KENDRICK ON TWITTER



**"I'm feelin' myself, I'm feelin' myself / I'm feelin' my, feelin' myself / I'm feelin' myself, I'm feelin' my, feelin' my, feelin' myself."**

—FROM "FEELING MYSELF," BY NICKI MINAJ FEAT. BEYONCÉ



**"I learned to masturbate the summer after third grade. I read about it in a puberty book, which described it as 'touching your private parts until you have a very good feeling, like a sneeze.'"**

—LENA DUNHAM IN HER BOOK, *NOT THAT KIND OF GIRL*

## Treat Yourself!

Our favorite sex toys for one.

### BEGINNER

**CRAVE DUET FLEX (\$109, [lovembrace.com](http://lovembrace.com))**

For this sleek cutting edge external vibe, the vibration patterns were crowdsourced from female consumers. All you have to do is lie back, pick the pattern that feels best on your clit, and enjoy the fruit of their loins.



### INTERMEDIATE

**G-GASM DELIGHT G-SPOT VIBE (\$19.95, [adamandeve.com](http://adamandeve.com))**

This waterproof vibe may look like a cute li'l sex tulip, but don't be fooled. It ups the ante by delivering the goods both internally (hello, G-spot) or externally—whichever pollinates your flower.



### ADVANCED

**ICONIC RABBIT 2 (\$105, [jimmyjane.com](http://jimmyjane.com))**

So you wanna bring in the big guns? Enter the newest Rabbit. This silicone gem boasts 7 vibration settings and individually controlled shaft and tickler ears, which can stimulate your clit, G-spot, and labia simultaneously. Warning: You may have to clear your schedule all day.





FROM LEFT: MANUEL PALLHUBER/BLAUBLUT-EDITION.COM; WAYNE TIPPETTS/BLAUBLUT-EDITION.COM

## "My Boyfriend's Old Enough to Be My Dad. No, It's Not Creepy"

BY RACHEL FRANCIS

# WOULD YOU DATE A MUCH OLDER OR MUCH YOUNGER MAN?

**GOLD DIGGER,  
COUGAR...LET'S AGREE  
TO DUMP THOSE  
JUDGE-Y TERMS ONCE  
AND FOR ALL, SHALL  
WE? HERE, TWO  
WOMEN GET HONEST  
ABOUT DATING WAY  
OUTSIDE YOUR DEMO.**

I was at a crowded bar in my hometown of Virginia Beach, Virginia, on a scorching July night when I mustered up enough liquid courage to approach the future love of my life. He was tall, muscular, and blond, with stone gray eyes and a low gravelly voice. I was intrigued. But when I suggested we go out for a beer, he gave a polite yet immediate "no." Tim later confessed he thought I was beautiful and smart, but there was one thing working against me: I was 21; he was 47, and unlike most men who'd be flattered by a younger woman showing interest in them, he thought going on a date with a woman young enough to be his daughter would be ridiculous.

Fast-forward five years and I am insanely in love with this man. I had never dated an older man nor did I ever imagine I would (although I did always find Harrison Ford more attractive than Chace Crawford, so maybe it has been inside me all along). But Tim is young at heart and I have an old soul, so we meet in the middle (I'm now 26; he is 52). He spends weekends jumping out of airplanes, and I spend them reading a book at the drop zone waiting for him to land. And despite Tim's initial blow-off, we have quite a bit in common. We're both driven and goal-oriented (he's a former Navy Seal turned entrepreneur, and I am a safety specialist for a company that manufactures gear motors). We are both in love with our families and obsessed with our two sweet dogs.

Despite all the love, we've been called every name in the book: I must be a gold digger and have daddy issues. He must be a pervert or be very immature to love me. I have been confronted in public a few times, by drunk people at bars who say I'm an embarrassment to my family for loving him. Our own families have spent hours begging us to choose between each other and them. My parents are terrified of the thought that he will pass away around the time they do, and I'll be left alone. His daughters, whom he had young and are around my age, have a strong loyalty to their mother (his ex-wife) and have struggled to let me in. At times, both of our families have been embarrassed by our relationship. When his daughters' friends see pictures of me and Tim, his daughters feel the need to explain, "Yes, that's his girlfriend; yes, she is really young." We ourselves have been embarrassed too—like one time when a stranger assumed Tim was my dad and we had to correct him.

The reality is that I come from a regular suburban family. I have a phenomenal father. I bought my first home (without Tim's help) at 23. Tim had never dated a younger woman before me—he was married for 18 years to a woman his age and divorced for five years before our paths even crossed. And I am happy to report that being with an older man has made me feel like I hit the intimacy jackpot. My boyfriend is sexy



AN OLDER  
GUY IS  
WORTH HIS  
SALT (AND  
PEPPER).

(think: Jason Statham), and he has had years to master his skills. No, he doesn't need Viagra to be with me. Yes, he loves to focus on my pleasure. I am one very lucky woman.

Still, we're both smart enough to know that being madly in love with each other isn't enough. He still struggles with my age and thinks one morning I'll wake up and wonder what I am doing with an old man. We've had to talk about the inevitability of my aging into my prime (whatever that means) while he ages past his. I am saddened by the thought that I will outlive him, yet I find immense comfort in knowing that I get to spend any time at all loving him. We struggle with the idea of having children. His kids are grown, and he doesn't know if he could start all over. I can't imagine not creating life out of our love, but I'm terrified my children will grow up to hate me because they won't get the same time with their dad that most kids do. Then I remember that what really matters is that children are born into an abundance of love—and that's one thing our home hasn't lacked since we moved in together just a few weeks after our first date.

Our hearts have shattered over the complicated nature of our relationship, but they have mended with the ease and joy of our love. There have been a couple of times when we have tried to leave each other—but we were never able to stay away for long. We aren't sure what is going to happen in the future, but we are sure that life together is our kind of perfect. We both believe in marriage, and we want that when the time is right. Right now, we are exactly where we are supposed to be in this world—next to each other—and that is where we are going to stay.

## “I'M LIVING A LIFE 'DO- OVER' WITH A YOUNGER MAN”

BY MONIQUE EL-FAIZY

When my marriage collapsed in a cascade of discoveries about my husband, I did what many women before me have done: I fled to a place where I thought I would be able to heal and find clarity. But my elected haven wasn't a mecca for eating or praying. Instead, I chose to relocate with my two young sons to a country in turmoil, arriving on the bloodiest day in its modern history. On August 14, 2013, the day Egyptian forces killed more than 700 civilian demonstrators—including a British journalist who had been a guest at a dinner party I'd thrown—I moved to Egypt.

While looking for peace there may sound insane, for me the move was a lifesaver. In Cairo, I resurrected the bold, adventurous woman I'd been two decades earlier, before I'd yielded to the pressures and should-dos of grown-up life.

I'd met my former husband in the then-Soviet Moscow, where I'd moved from Paris in search of a job in journalism. We kissed for the first time on a snow-carpeted Red Square and, after we got married, lived in Hong Kong and London before moving back to the U.S. for what I thought would be a temporary period of career building before we set off on more adventures.

Twenty years and two kids later, we were still in New York, settled as firmly as if our feet had been cemented there. Don't get me wrong. I was happy...until my marriage fell apart.

In Cairo—I was working on a book about Egypt, so moving there seemed the logical choice—I found strange comfort in the upheaval. The adrenaline rush of living in the midst of political instability distracted me from my personal turmoil. The pain was still there, but dealing with the trials of daily life in Egypt as a single woman was empowering. I didn't want to get into another serious relationship any time soon. Or ever. As if anything in my life had gone according to plan....

One night, I noticed a Friend request on Facebook from someone I didn't know. He was a Tunisian journalist coming to Cairo to start a new job, and he wanted my advice about neighborhoods and rents. I told him what I could. A few days after he arrived, he asked if I'd like to get together.

We arranged to meet for drinks after work. In the meantime, I checked out his Facebook profile and realized that he was much younger than me. Based on the scant information I saw, I couldn't devise any calculation that would get him out of his 20s. I was already two decades past that, so the age difference took him off the romantic-possibility table in my mind.

Imagine my surprise then when, over beers, I casually mentioned my kids and was immediately overcome by the desire to pull the words back into my mouth. My chagrin made me realize that, at least on a subconscious level, I was interested in him.

It turned out he was having similar feelings. A few days later, he sent me a message

saying he missed me. We met the following week, and I spilled the tale of my failed marriage. Again, I wanted to kick myself. But this time, things went differently. We meandered to a nearby hotel to check out the rooftop bar there. It was under renovation, but we snuck into a dark conference room to admire the stunning Nile view...and he kissed me. It was a great kiss—until a security guard pointed his massive flashlight at us and shooed us away. The last time that had happened to me, I'd been in the back of my high school boyfriend's car.

It was, as the French say, the *coup de foudre*. A few days after our kiss, he said he considered us a couple, and a week later, he told me he loved me. And despite the age difference and the fact that we disagreed on everything from movies to ideal vacation spots, I felt the same way. There was something between us that transcended logic.

Being with him has felt like a *Back-to-the-Future*-esque do-over of my previous two decades. Living this period of his life with him gives me the

sensation of reliving mine. Only this time around, I'm a better version of myself.

I've learned it's impossible to be closed-off with a person who is willing to be entirely vulnerable to you, so the tough, emotionally impregnable woman I was has been replaced by someone much softer. I've never felt so exposed, and while that's terrifying, I'm feeling emotions more deeply than ever before.

The intensity extends to our sex life, which is all one might imagine it would be with a hard-bodied, hot man in his 20s (when I mentioned to a friend how kind he was, she said she was too distracted by his looks to notice), and it's helped me remember the sexually liberated woman I was in mine. But he's shown me something new. This is the first time I've had a relationship that is both carnal and profoundly emotional.

When I step back and take an objective look at us—he's 26, I'm 48—I think I must look ridiculous. Then I remind myself that if it were he who was 20 years older, neither I nor anyone else would think

twice, and I realize that I'm falling prey to the same sexism I bemoan. While I worry that he'd prefer a woman whose body hasn't been quite so affected by gravity, he tells me many times a day how beautiful I am—even when I know I am not at my prettiest. Because he is on TV a lot and quite well-known in Tunisia, he's always had girls throwing themselves at him (and still does). Counterintuitively, that's reassuring for me. He tells me that of the hundreds of women he's met, he's never met anyone like me. I believe he's sincere. It's precisely my experience and my different perspective on life that makes me interesting to him.

I'm well aware that one day he may want children and that living with two kids who aren't his might become more than he wants to deal with. But over the 10 months we've been together, his assurances have quieted my neuroses. The occasions when we are gazing into each other's eyes and I wonder if he sees an old lady have grown far fewer.

I had dinner recently with an old friend I hadn't seen in many years. She told me she never thought my marriage was the end of my story. She liked my husband, she explained, but he and my married life never quite fit with the person she'd known me to be. "This makes more sense," she said of the Tunisian.

I think the convention-busting girl I was in my premarital 20s may have had it right. Risk is relative and personal, and sometimes, the socially mandated choices are the most hazardous of all. ■

SO HE'S YOUNG—  
BUT THAT'S  
NO REASON TO  
CHUCK HIM.



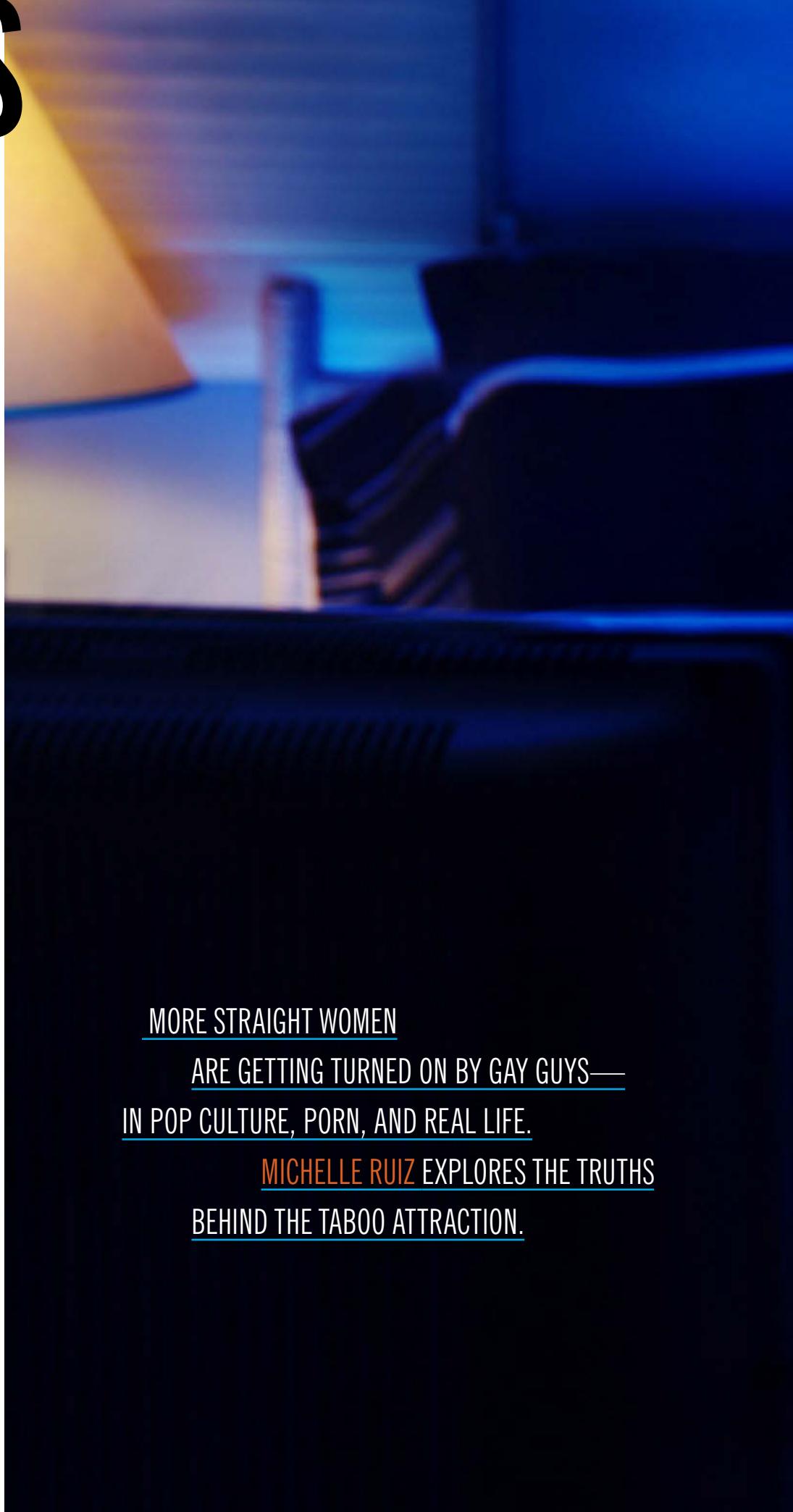
# GIRLS

## WHO LIKE

## BOYS

## WHO LIKE

## BOYS



MORE STRAIGHT WOMEN  
ARE GETTING TURNED ON BY GAY GUYS—  
IN POP CULTURE, PORN, AND REAL LIFE.  
MICHELLE RUIZ EXPLORES THE TRUTHS  
BEHIND THE TABOO ATTRACTION.



# IT'S AFTER-HOURS AT A BAR IN SAN FRANCISCO, AND KELLY, A STRAIGHT 19-YEAR-OLD COLLEGE STUDENT, IS MAKING OUT WITH A GAY GUY.

They met the previous day at a social-media marketing conference and became buddies, sitting side by side while Kelly trolled Tinder and he swiped through Grindr. He made her laugh when he showed her that he'd packed an extra suitcase filled only with shoes. But he was also, in Kelly's eyes, super hot.

"We started dancing, and it just happened. Like, Oh, hey, this feels right," she remembers. It wasn't the first time Kelly has made out with a gay man...and it probably won't be the last. Her friends make fun of her for it, but she doesn't care. In fact, she says, "Queer guys are my type." There have been other

makeout sessions and hook-ups (but not intercourse) with "effeminate" guys who were either gay or seemed like they "swung both ways," she says. A recent summer fling was a bisexual guy who was usually with men.

Straight guys have long salivated over same-sex lady action: "Kiss! Kiss! Kiss!" is the rallying cry of the basic bro six beers deep at the bar, urging his girl friends to go at it for his enjoyment. Pretty much every threesome in pop culture is between a lucky man sandwiched

between two sultry women (*Vicky Cristina Barcelona*, *Savages*, *Wild Things*), whether lesbians or just conveniently gorgeous, sexually fluid women.

It's been more hush-hush—and can feel more taboo—but some straight women feel the same way about gay men.

Like Kelly, some are down to make out or hook up with gay men in real life, a community that reluctantly calls itself girlfags or "girls who like boys who like boys." But more common is to fantasize about two hot guys having hot sex.

Last year, researchers at the University of Montreal asked 1,516 people about

their sexual fantasies and found that approximately 1 in 5 women is attracted to the idea of two men having sex. Out gay stars are the new hearthrobs. Remember the rabid Matt Bomer fan base that created a Change.org petition when he was passed over for the Christian Grey role in *Fifty Shades*? And erotic male/male (M/M) fan fiction—or slash, as it's commonly called, inspired by the slash between male/male—is exploding at Wattpad, one of the largest fan fiction communities online, where two-thirds of users are women. On another major fan-fic hub, Archive of Our Own, data from more than 10,000 respondents found that up to 36 percent of M/M fans surveyed were both heterosexual and female. Instead of just following Harry Styles on Twitter, girls are reading gay erotica that imagines Styles' One Direction bandmate, Louis Tomlinson, going down on him. Larry Stylinson, as the steamy fictional relationship is hashtagged, is one of the most popular "ships" online, generating an estimated 600,000 stories on Wattpad. "My sister seriously needs to leave my room," one young woman recently tweeted, "so I can read Larry porn."

Also an indication that plenty of ladies have eyes for two guys: the porn women watch. The second most-viewed category for women last year on PornHub.com, a site that boasts more than 38 million visits a day, was "gay (male)." "It's becoming normal for women to want to see two boys kiss," says Cecilia Tan, editor of Circlet Press, an erotic publishing house, and a writer of M/M erotica, including the Harry Potter-inspired series *The Prince's*

# LOVE LUST



*Boy.* “Gay sex fuels the magic in these worlds,” says Tan, who identifies as bisexual. “It’s totally hot for me.”

This can be confusing for people who don’t find it hot. Why is reading about or watching two gay guys—who, by definition, aren’t interested in ladies—such a turn-on?

For some, it’s as simple as raw man meat. “There’s something about masculinity pushing against masculinity that draws me right in,” says Janet Hardy, a sex educator and author of *Girlfag: A Life Told in Sex and Musicals*, who is attracted to and has had relationships—some sexual—with gay men. But for many women, the appeal goes deeper, says Hardy: “It’s about seeing two strong men who are vulnerable with each other and the sweetness of finding affection inside that strength.”

## 1 IN 5 WOMEN IS ATTRACTED TO THE IDEA OF GAY MEN HAVING SEX

ACCORDING TO A 2014 UNIVERSITY  
OF MONTREAL SURVEY

Guy-on-guy action can also offer a break from complicated, clashing ideas about gender politics. There are no damsels in distress or presumptions that men have to be the aggressors and women the delicate flowers. In a series of interviews with straight female college students who watch gay male porn, Leila Rupp, PhD, a sexuality researcher at the University of California at Santa Barbara, says the students told her they like it “because they feel like the power is equal between the partners.” In straight porn, however, they said they don’t like the “traditional” dynamic of “men having power over women.”

Carrie, 22, a popular Larry Stylinson writer at Archive of Our Own, says, “It’s just better when it’s two hot guys. It’s more equal.” Not to discount the racy rush that comes with imagining illicit oral sex between two world-famous pop stars. “I really like the whole forbidden love trope,” she adds. In one of Carrie’s tales (she asked us not to reveal her real name because the One Direction fan base sometimes lashes out at Larry shippers online, accusing them of sparking fights within the band), Louis Tomlinson goes down on Harry Styles while now-former One Direction member Zayn Malik watches. “‘I’m close, so close,’ Harry breathed,” she writes in one story. “It couldn’t have been more than a couple of bobs of Louis’s head before Harry moaned low, eyebrows knitting together and lips parting as he came.” Uh, did that feel tingly for anyone else?

For some women, reading about two guys getting their freak on is a chance to explore their own non-straight leanings—whether it’s an attraction to women

or curiosity about anal. Tina, a married 33-year-old slash fan, says her jam is the John-lock ship, about Benedict Cumberbatch’s TV incarnation of Sherlock Holmes and his partner John Watson. It’s a “kinky little escape” from her routine sex life, “something totally different from the missionary I’m used to having.” Indeed, says Tan, “a lot of women who are living a very straight life—they’re married with kids or they’re young single girls—are yearning for queerness. Our society pushes us away from that, but this—gay erotica, gay fan fiction—gives women an outlet.”

In some cases, fantasizing about gay sex can even be a sign of a woman feeling what Hardy describes as “sexually trans.” As in, identifying as one gender emotionally and psychologically but another sexually. Hardy, for one, says she feels like a woman on the streets and a man in the sheets. “I am attracted to very masculine guys who are attracted to guys because I love that energy and I want to be part of that energy. And when I’m with a guy, I want to be a guy sharing in that energy.”

Girls liking boys who like boys could be yet another sign that we’re living in a brave new world of gender, sexuality, and sexual attraction, where there is more blurring of the labels male and female, gay and straight. In the past, a girl who is turned on by two guys “might feel isolated, weird, even sick,” says Ritch Savin-Williams, PhD, a professor of developmental psychology and director of the Sex and Gender Lab at Cornell University. Now she and others like her “can find each other online and not feel like they’re crazy or the only ones in the world like them.” ■

—WITH REPORTING BY KELLY GONZALVES



# “Sorry, I Don’t Buy Is Making Us Bad



IT SEEMS LIKE THERE'S A new article being shared almost every day about how social media is killing our friendships. You know the claims: We spend so much time in front of our screens that we forget how to act when we're in front of actual people, or we see so much of our friends' lives on social media that we don't bother trying to see them in real life. And sometimes, like last week when I texted my sister-in-law a happy birthday greeting instead of calling her, I worry that these claims are true and that soon Siri will be the only "person" who can recognize my voice. But then I remember that my sister-in-law and I have bonded over our shared hatred for talking on the phone, and I realize that tech isn't making my friendships obsolete, it's upgrading them.

A lot of millennials, myself included, hop from city to city throughout our 20s—whether it's for jobs, school, romance, or good

old-fashioned wanderlust—and many of us now find our network of friends scattered across the country or the globe. For me, even the friends who live close by are so busy and work such long hours that they're hard to track. Two of my best girlfriends live nearby, and the three of us try to get together about once a month. After an average of approximately eight zillion e-mails, we usually pick a date two months in the future or settle for a ridiculous time (sure, I can have dinner at 11:17 p.m. on a Tuesday!).

Text messages, e-mail, and Skype have been an essential part of my friendships for the past decade. But tech isn't just about replacing IRL convos with electronic ones (that would be a pretty lame upgrade). It's about finding creative ways to be a better friend than you could have been before you carried a computer around in your pocket. I owe this discovery to my friend Chiara, one of those busy friends in NYC with whom I tend to eat dinner in the middle of



# That Tech @Friendship”

the night. Last year, I had to fly to L.A. for an interview for my dream job. It was on incredibly short notice, so short that I had no time to get any advice from friends. I'm always an anxious flyer, but waiting for that particular flight to board, I was on the verge of a full-blown anxiety attack. Then as I was pacing at my gate, I got an alert on my phone from Venmo. Chiara had sent me \$15. The message was all in emoji, but it translated to: "For a drink on the plane, like a baller." On the plane, I bought myself a cocktail, something that I usually don't spring for. The drink was good (and helped my anxiety), but the thoughtfulness and novelty of the gesture was the real gift. I didn't get the job, but I did get a friendship reboot.

Since then, I've copied Chiara's move more than a few times, sending little bits of unexpected cash to friends, instructing them with emoji to buy themselves a drink for their birthday, a manicure at the end of a stressful week, or chocolate after a breakup. The

“Millennials Suck at Friendship and It's All Technology's Fault!”—if I read one more headline like this, I'll scream...as I Venmo my friend a cocktail while we catch up on Skype. **BY ERICA SALEH**

surprising, spontaneous nature of the gift never fails to delight. I've used Seamless to send chicken soup to a sick friend's doorstep when I couldn't make it myself, iTunes to send a rom-com to a heartbroken friend's computer, and Uber to send a tipsy friend home safely. I've traded in the traditional e-card for personalized video messages recorded on my phone. I've started using an activity tracker to have a friendly fitness competition with

my college gym buddy who now lives 3,000 miles and three time zones away, and I have played no fewer than 500 games of Words With Friends with my boyfriend.

So when *The New York Times* declares that texting and instant messaging are turning my generation into “ill-mannered flakes” or when *The Wall Street Journal* runs a headline asking “Is Technology Making People Less Sociable?” I say *hells* no. I know that no app is ever going to make me feel as connected to my friends as I do when I get to spend actual face-to-face time with them, but I can use tech to send little reminders that I love them in between days when the stars—and our calendars—align. ■



## THE APP-LOVER'S GUIDE TO BEING THE BEST FRIEND EVER

**SKYPE:** Use it to hang out with your friends as if you were in the same place—make dinner together and then sit down, pour yourselves a glass of wine, and enjoy your meal together too.

**SEAMLESS:** Send soup to a sick friend, dessert to the birthday girl, or two delicious dinners to new parents with no time to cook.

**VENMO:** You don't have to be made of money. Send just enough money for a magazine, a bag of sour gummy watermelons, or a Bloody Mary. The surprise will make even a tiny token feel like a treat.

**GAMES:** Whatever your favorite game is, there's probably an app for it. Stay connected with a little friendly competition.

**TEXTS:** Up your game by sending video messages, silly pictures, and voice memos, or turn it into an actual game by playing emoji charades: Write out a song title, movie title, famous saying, or celebrity name using only emoji and make your friends guess the meaning.



BOY MEETS GIRL,  
BOY MARRIES  
GIRL...GIRL PLANS  
SEX-CATION  
TO AMSTERDAM SO  
THEY CAN HAVE A  
LEGAL THREESOME.  
YOU KNOW, THAT  
OLD LOVE STORY.

I HIRED  
A HOOKER  
WITH MY  
HUSBAND

BY ANONYMOUS

## IT'S 8 P.M. ON A SUNDAY

night, and my husband, Matt\*, and I are lying on a hotel bed in Amsterdam. I'm wearing a see-through lace top, schoolgirl miniskirt, and knee socks. He's in a button-down and slacks. Both of us are watching the clock, nervous. Any minute now, Dita, the high-end escort we met online, will arrive.

I never dreamed that I'd be a sex tourist, let alone the kind who hires hookers with her husband. I was a bit of a wild child in my early 20s, but by the time Matt and I got together, I was done sowing my wild lady-oats. With Matt, I didn't miss my bisexual past of threesomes and more-somes; we had great sex, just the two of us. But one drunk night after a holiday party, we ended up in the champagne room of a strip club and things got way raunchy way fast. We wanted more, but we quickly learned why single women seeking married couples are known as unicorns: They barely exist! Most of the "women" on adult dating sites were actually couples, and I simply didn't want to bone another dude. We were committed to a hot, no-strings encounter with a sexy lady... no compromises.

Since we outsource everything from pet sitting to pedicures, we figured why not hire a professional for our sex lives? Research led us to Amsterdam, where prostitution is legal and sex workers are allowed to unionize. (Because you know what's *not* hot? Human trafficking.) After browsing dozens of NSFW websites, we landed on Dita, an independent escort and porn actress who claimed

to enjoy "the company of charming gentlemen, epicurean couples, and women to share moments of complicity." She also charged 1,000 euros for two hours. But hey, we were only going to do this once, right? Over e-mail, we set up an appointment and went over the particulars (time, place, and Dita's outfit: schoolgirl, please), because #YOLO.

Then before our trip, the impossible happened: We found a unicorn. Ella, an old FWB from my wild-child days, messaged me out of the blue, and I told her about our quest over a glass of wine. Next thing I knew, she was over for dinner, and let's just say that Matt's famous lingue wasn't the only thing that got eaten that night. Threesomes with Ella became a regular thing, but we decided to honor our appointment with Dita anyway. You know...for science.

A couple of weeks later, at 8:06 p.m. in our hotel in Amsterdam, Dita arrives. "You're gorgeous!" she cries, hurrying past Matt to me (and earning instant brownie points). She is beautiful: tall and slender with sparkling green eyes and cheekbones that could cut ice. She removes her coat to reveal a skirt that matches mine and a skimpy shirt hugging fake tits as gravity defying as ripe coconuts clinging to a palm tree. After discreetly pocketing the pile of bills on the dresser, she sends Matt to undress. Then she turns to me.

"What are your boundaries for tonight?" she asks in a Slavic accent. "Is there anything that will make you uncomfortable?"

Of course, Matt and I talked about this. I've told him about times I got jealous during past threesomes, and he has reassured me, saying, "We don't have to do this. It's just



a fantasy. Your feelings are more important." Knowing that Matt will always put my heart before his cock makes me bold enough to tell Dita that anything goes.

When Matt returns, naked and a little bashful, she empties her backpack onto the bed. It looks like the entire inventory of Toys in Babeland: a dozen vibrators, butt plugs and anal beads, a syringe (!) of lube, a leather harness with two sizes of strap-ons, and even a fluffy foxtail. The foxtail, it turns out, attaches to a butt plug. She lubes it up and works it into her ass, then prances around the room in six-inch stilettos, purring and preening. Color us impressed.

The next two hours are like being in a porno where Dita's the director and star. She maneuvers us into impossible-seeming positions and rolls out toy after toy, never breaking her naughty schoolgirl character. Matt and I high-five like frat bros as she takes both of us at the same time (me with her strap-on, he with his schlong—condom-clad, of course). Then I'm the one getting double-teamed. As I'm riding her, she nestles a vibe against my clit. We've been at it for more than

an hour and I realize I should probably come, but I'm... overstimulated. It's as if I'm experiencing the whole thing as performance rather than pleasure.

This, I realize, is the fundamental difference between commercial and noncommercial sex. When we're with Ella, it's all about what feels good for all of us. Turning Ella on turns me on. It's not cinematic, but the way she smells and feels and sounds is what really sends me over the edge. Dita moans and writhes too, but she's not here so I can make her come (trust me, I try). She's here because it's her job. Her pleasure—like her enthusiasm and creative scenarios—is fake. Being with her is campy and fun, but it lacks the kind of personal connection that makes sex feel really erotic.

I do eventually climax, using one of Dita's vibrators on myself while Matt fucks her. Afterward, we collapse on the bed and talk for a while before she packs up her bag of tricks. Later, Matt and I venture out as well. Even on a quiet winter night, there's always something going on in Amsterdam, and I want to find a souvenir for Ella before we leave. ■



YOUR GUIDE TO THE MALE BRAIN

# manthropo



#### GUYWITNESS NEWS

## WHY DON'T GUYS USE THE TERM *BEST FRIENDS?*

You have a BFF, but he just has his "dudes." What's up? **BY MATT MCCUE**

The simple answer? "Best friends" are for kids. Manly adults only need good friends, no favoritism necessary. We pick buddies based on shared passions, so each dude fulfills a different need. Mark, my old camp bunkmate, is my go-to hiking sidekick. Adam's the man for last-minute nights out. Mike's good for deep conversations

about where our jobs are headed. And Jared, the best man shoo-in? He toasts like a champ.

The going-there-with-our-shrink answer? Guys are competitive. Best friend-hood is something you win or lose, and putting that label on one guy makes it tough to get a wolf pack going without chips on several shoulders. Better to

leave BFF status off the table so we can roll up to the bar 10 deep sans drama. If you want a clue as to who's our one ride-or-die, look for the tough love. *Jerk off, numb nuts, and dickhead* are our top-tier terms of affection. Maybe with maturity we'll call our best friends exactly that. For now, an insult and a butt slap are our tells.

# 33



PERCENTAGE OF MEN  
WHO WANT TO HAVE SEX  
WHILE FLYING IN AN  
AIRPLANE. WHEELS  
AREN'T THE ONLY THING

SOURCE: 2011 TROJAN CONDOMS SURVEY

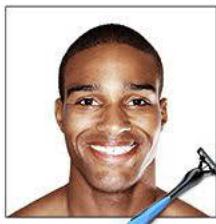
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LEGENDS OF THE FOLLICLE

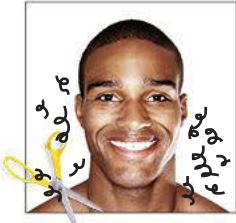
## HIS MANSCAPING (D)EVOLUTION

Think you're the only one who cuts back on hair maintenance in an LTR? Think again.

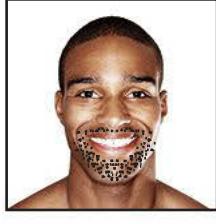
BY MATT SULLIVAN



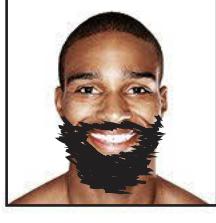
**First Date**  
He shaves off scruff to match his Tinder profile pic. So fresh, so clean!



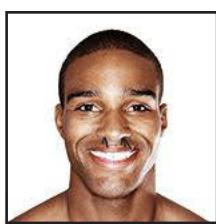
**Fourth Date**  
In anticipation of sextime, he trims his thatch for a cocktial illusion of a bigger penis.



**Six Months**  
"Saturday stubble" on weekdays, but he shaves before meeting your parents.



**Two Years**  
He experiments with a beard. Think Tom Hardy: virile but not feral.



**Three Years**  
Nose hair, don't care!

HUSSEY: JAKE CHESSEWELL, ALL OTHERS: GETTY IMAGES

MONEYBALLS

## DECODE HIS VENMO

When does his spending history mean he should be history?



**Broke Bloke** paid **Jim Roommate**

Rent/Cable/Electric

Like Comment



**Broke Bloke** paid **Bill Splitter**

1 Slice , 1/2 a , 1/3 a

Like Comment



**Broke Bloke** paid **Dr. Feelgood**

Pedialyte

Like Comment



**Broke Bloke** paid **Bud Weiser**

Like Comment



**Broke Bloke** paid **Burger Buddy**

GrubHub/Seamless

Like Comment



**Broke Bloke** paid **420grassbro**

Like Comment

### Rent/Cable/Electric

He's responsible. But splitting bills means he doesn't have his own place. Prepare for bathroom sharing.



### Fractions of Food

He'll ask you to pay more on a date because "you ate more of the bread." Nope.



### Drinks and Fries

Night-ending snacks mean he's a good time... and a possible proud dad-bod owner.

—ERIC GOLDSCHEN

### THE HUSTLLE

## FIVE COMPLIMENTS HE NEVER TIRES OF HEARING

Go ahead, butter him up with these ego-strokers from dating expert (and cutie) Matthew Hussey. Pro tip: It's the little things that make guys feel huge.

**"You look sexy when you cook."**

Just "you look sexy" is generic. But telling him he does it for you while doing an everyday activity makes him feel like you notice little nuances about him.

**"I feel so safe with you."**

It's instinct: Men love to feel like they take care of you. Knowing you feel protected makes his ego grow two sizes bigger.

**"I love how determined you are when you set your mind to something. It's really attractive."**

Don't just praise a guy's achievements. Praise the personality traits that made them possible. You're the girl who cares about the real him, not just his successes or how he looks on paper.

**"I told my friends how lucky I am to have such an amazing guy."**

Your bragging to your girls is the best. Showing him off to your world makes him feel special. And yes, guys want to feel special too.

**"Have you been lifting?"**

Guys don't get as many physical compliments as women do. Tell him his CrossFit habit is paying off. He'll work double time to impress you.



FOR MORE OF  
MATTHEW'S SECRETS  
ON DATING AND  
RELATIONSHIPS, VISIT  
[HOWTOGETTHEGUY.COM](http://HOWTOGETTHEGUY.COM)

# ask him any- thing



**Q** / I'm hooking up with a guy who really likes me to leave on my shirt or dress while we're having sex. So he wants to sleep with me, but he doesn't want to see my body?

**A** Don't assume the worst. Your nude body might turn him on so much that he comes too quickly—some guys can take only so much visual stimulation. Or he might just be more turned on by the idea of half-

clothed sex than the full monty. (There's something hot about getting it on so fast that you don't have time to take it all off.) Whatever the cause, the only way you'll find out what's going on is to ask him. Then let him know that you feel sexier when you're nude. And why not have fun with it? It's the rare man who doesn't love a strip-tease, and you could even make a game of it: He doesn't get to touch you until you say so...and you're nice and *nekkid*.

LOVE  
ADVICE FROM  
OUR GUY  
GURU, LOGAN  
HILL

**Q** / My crush invited me to be part of his book club. I feel crippling anxiety about saying something stupid at the first meeting. How should I play this?

**A** You don't have to go to his book club just because he asked. But if you do, you don't have to go all Oprah, raving about how the book changed your life. Just listen and chime in with an "I wondered about that too" when someone brings up an intriguing point. Or jot down a few questions beforehand and ask them throughout the night. (Questions, of course, are the simplest way to ease into any convo, whether at a book club or bar.) Above all, remember that you won't be graded on participation, so being quiet—read: cool and mysterious—is okay.

# LOVE LUST

**Q/** I'm dating someone who insists on paying for everything, and it makes me really uncomfortable. How can I let him know without coming off as ungrateful?

**A** The way dudes tip-toe around money, it often seems like we'd rather talk about butt plugs than who's picking up the check.

(Mostly, I think guys pay to avoid the awkward conversation.)

But wanting to pay your own way is as natural as wanting someone to go down on you. So just tell him, "I respect that you're a gentleman, but I'd feel more comfortable if we take turns throwing down the plastic." When you alternate, you can always end the date with a promise: "I've got the next one."

**Q/** The new guy I'm dating just revealed he's cheated on a girlfriend before. He says it was a one-time thing. But I'm worried: Is "once a cheater, always a cheater" really true?

**A** Look, we've all done something before that we will never do again. Hopefully, we learn from our mistakes, and sometimes, we don't. Either way, nobody's future is determined by his past. Your guy is not a fuckup just because he fucked up. Yes, you should be skeptical because he cheated but also heartened that he admitted a mistake.



**Q/** I'M SLEEPING WITH A GUY WHO

**A** Of all the stupid things a guy might say right after an orgasm leaves him gasping for breath, "thank you" is not even in the bottom 50. Yes, you are overthinking it. He doesn't think you're a ho. He's just appreciative...and possibly inexperienced. He's still thrilled that you chose him to get it on with. (And there's only so many times you can say "That was *ahhh*mazing" before it sounds insincere.) That said, if his gratitude bugs you, let him know: Tell him thanks but no "thanks."

**Q/** My BF is shy, so he ends up drinking too much at parties to relieve social awkwardness, then he acts weird and embarrasses me. How can I break this cycle?

**A** Hints won't work. And once he's already fershnickered, he won't remember anything anyway. You've got to talk about this directly with your tipsy Tim...when he's sober. Be honest and supportive, but ask him matter-of-factly to cut back: "I understand you drink when we go out because you're shy, but you don't need the booze.

You're so much cooler when you drink less. I'd love to see you be the guy in public that you are around me." A decent guy will give it some serious thought or even get some pro help if necessary.



Hill is a contributing writer for *Cosmopolitan* and *Cosmopolitan.com*.

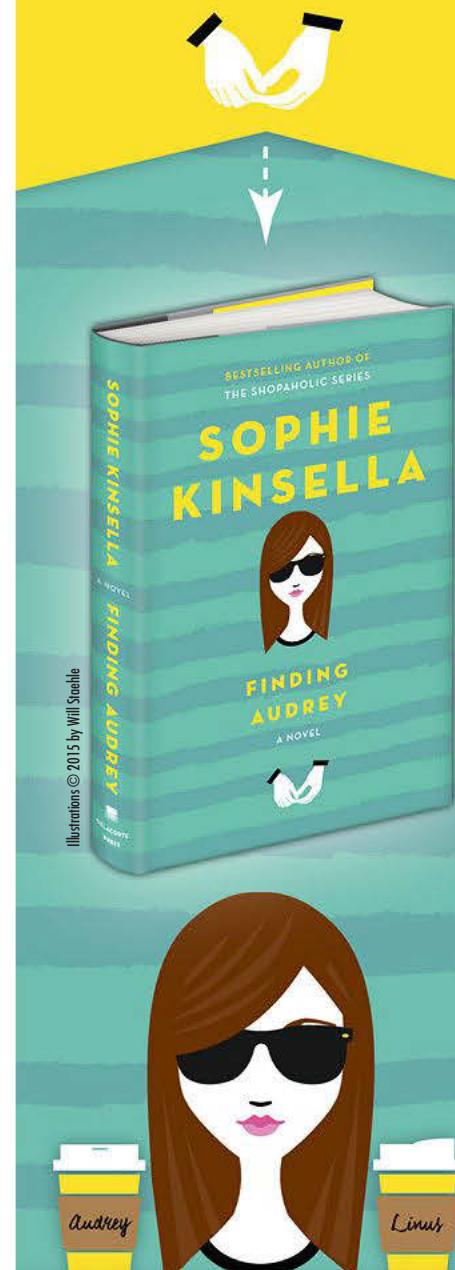
THE DEBUT YA NOVEL

from

**SOPHIE KINSELLA**

{ #1 *New York Times* }

BESTSELLING AUTHOR OF  
THE SHOPAHOLIC SERIES



SOMETIMES GETTING LOST IS THE BEST WAY TO FIND YOURSELF.

# LOVE LUST

"BTW, I DO THIS WITH DUDES TOO!"



## Sex Q&A

No-BS responses to questions you can only ask Cosmo

**Q/ I'm bisexual. Do I need to tell girls I meet and go home with that I'm bi, not gay? Will they care?**

**A/** No need to bust out with "Hey, FYI, I sleep with dudes too," right before you're about to get

it on. What really matters in the moment is that you're sleeping with her. "You don't have to tell every sexual partner all your attractions or fantasies," notes Sandra Byers, PhD, a psychology professor and

clinical psychologist specializing in human sexuality. It's totally fine to keep it on the DL while you're hooking up. But if things start to get serious, consider letting her know that you also sleep with guys.

**Q/ Occasionally, the most scary or disgusting sexual situations flash through my mind—like getting raped or having sex with my male cousin! Am I losing it?**

**A/** Don't freak. It's normal to think about alternative—even criminal—sexual situations, says Richard Sprott, PhD, a professor of human development at California State at East Bay. When you think risky thoughts, they

release endorphins that elevate mood and increase pleasure. Especially if your sex life has been a little weak lately, your mind may just be wandering to wilder places. And it thankfully doesn't mean you want to bone your cousin.

**Q /** I had marathon sex with a huge-dicked dude...and I'm sore. Is there anything I can do to alleviate it or keep it from being so painful next time?

**A /** While your man's massive D may seem like *#Champagne Problems*, an achy vagina can be an actual one. Taking a cool shower can help post-sex soreness. If it's really bad, wrap an ice pack in a T-shirt or soft towel and hold it down there, similar to what some women do after giving birth, says ob-gyn Alyssa Dweck, MD, author of *V Is for Vagina*. (After all, anything that works after pushing out an 8-pound baby can soothe a little penis pain!) For next time, use plenty of silicone-based lube, which lasts especially long (perfect for an all-night sex sesh) and go for girl-on-top, since that helps you control the depth of penetration, Dr. Dweck notes. Best of all, your vag is super adaptable, so the more you ride, the less you'll hurt.

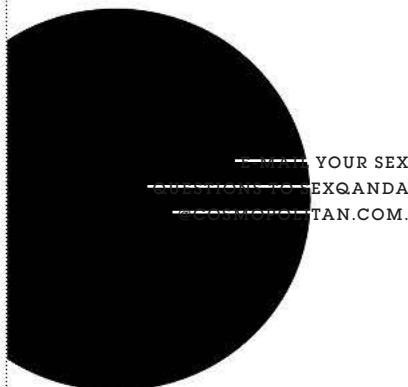
**Q /** I swear I had an orgasm in my sleep last night. Is this like a wet dream that means I'm starved for sex?

**A /** Turns out, your mid-slumber O has nothing to do with how much real-life sex you're having. "During REM sleep, both men and women experience an increase in blood flow to their genitals. That can prompt arousal and even a sex dream that culminates with an orgasm," says psychiatrist and sex therapist Madeleine Castellanos, MD, author of *Wanting to Want*. "There's no evidence that female sex dreams reflect a need to get it on more frequently." So congrats on a midnight snack that you didn't even have to lift a finger for.

THE ELEPHANT  
IN THE (BED)  
ROOM? HIS  
JUMBO DUMBO.

**SEX TOY OF THE MONTH**

**WHAT'S THE BEST SEX TOY...THAT'S TOTALLY WORTH SPLURGING ON?** The hand-blown—yep, you read that right—Candy Colored Glass Dildo (\$109, [babeland.com](http://babeland.com)) has beads for G-spot stimulation, an XL handle so your partner can grab on, and three layers of glass that are practically indestructible. Bonus: It's pretty enough to double as a piece of seriously sexy art.



**Q /** My boyfriend and I recently attempted (and failed at) shower sex—probably because he's 6 feet 4" and I'm 5 feet 4". How can we pull it off despite the foot between us?

**A /** Getting dirty while getting clean is totally steamy in the movies, but IRL, it's a slippery slope that can—worst case—lead to an ER visit. (And who wants to explain *that* to an EMT?) One way to keep it injury-free: "Find a shower with a bench in it," suggests sexologist Logan Levkoff, PhD. That way, he can sit while you straddle him, or you can bend forward, rest one knee on the bench, and do it doggie. Only have a tub at home? Invest in a teakwood tub shelf (useful for other things, too, like shampoo #Shelfies), or pick a hotel with a shower perch for your next vacay. If you're not dead set on P in the V, one of you can always kneel down and pleasure the other. So much more fun than exfoliating.

—EMILY C. JOHNSON  
AND JULIE VADNAL



4:25 PM

The veranda has witnessed many conversations,  
including the one about whether it's a veranda, and not a porch.

# Host Beautifully



# WORK

EDITED BY  
SARA AUSTIN

## Make Your Passion Pay Off

GOT A HOBBY YOU LIKE WAY MORE THAN YOUR ACTUAL JOB? WHETHER IT'S PERFORMING, COMPETING, OR CAT MEMES, WE CAN HELP TURN THE THING YOU SECRETLY OBSESS ABOUT AT WORK INTO THE THING YOU GET PAID TO DO.

BY JUDITH OHIKUARE

PAYAL KADAKIA OF CLASSPASS AND SA DANCE COMPANY IS AN ARTIST NINE-TO-FIVE.

"I started learning Indian folk dance when I was 3 years old and by the time I was 5, I was dreaming up choreography alone in my room. It was like I could see people dancing in my head. Still, I was also very analytical. I attended MIT for undergrad and studied physics and operations management. Even though business seemed more practical, I took classes in the history of dance—I always wanted to stay connected."

"After graduation, I moved to New York to take a job at a global consulting firm and found a dance teacher online who was leading a Bollywood group. *Slumdog Millionaire* had come out and everyone wanted Bollywood performers, so we got asked to do amazing gigs around the city. Then three years later and two months into my next job working on digital strategy at Warner Bros., I assembled a group of dancer friends to work on choreography. That was the beginning of my dance company, Sa Dance. We put on a sold-out showcase, and that summer, we ended up on the cover of the *New York Times* arts section."

"I started to feel like I was having an identity crisis. I wasn't being my best self at either place. Finally, my mom told me to quit. Once she said that, the wheels started turning in my head about all the things I could potentially do. I started Sa to keep dance and fitness in my life, and I started ClassPass to share that experience with other people. Yes, I'm an entrepreneur, but the reason this was all created is because I'm an artist and an inventor—I invent products that make other people happy."

**HOW TO BREAK IN:** Even though Kadakia felt that she could do well at anything she set her mind to, she needed to bet on dance full-time—without banking on other options—to really make the switch. "Quitting never even crossed my mind until my mom suggested it because I didn't know how to say no," she says. "Then I realized that I wouldn't have time to keep dancing and be a good performer if I was always sitting behind a desk. Everyone else knew I prioritized dance, but I had to say it was a priority or it always would have been the last thing I did."

## PAYAL KADAKIA

Founder of ClassPass and artistic director at Sa Dance Company

## OTHER JOBS FOR DANCE LOVERS

1. Movement therapist
2. Dance teacher
3. Gym/wellness center director
4. Arts manager

"I'm reminded daily of the power of dance and the arts to transform lives."

KELLY LAMB POLLOCK, EXECUTIVE DIRECTOR, THE CENTER OF CREATIVE ARTS IN SAINT LOUIS

# Dance



MICHELLE SUNDQUIST

## OTHER JOBS FOR BEVERAGE LOVERS

1. Wine buyer
2. Beer flavor engineer
3. Food stylist
4. Tea blender

"My grandmother showed me the healing properties of plants. Now, I soothe my passion for healing by blending teas for others."

—ZHENIA MUZYKA,  
FOUNDER OF  
ZHENIA'S GYPSY TEA

"I fell in love with coffee when I was 19 and working at a busy little espresso stand at Crystal Mountain Ski Resort in Seattle. I was surprised to realize that even if you do know how to make coffee, you can still sometimes make it wrong. I spent a lot of time at Crystal Mountain learning about ingredients, the perfect way to steam milk, what makes a good shot of espresso, and how to incorporate flavor. Eventually, I worked my way up the ranks at Seattle's Best before joining the research and development team at Starbucks."

"I work with a team of 10 people that includes managers, culinary experts, and food scientists. We do a ton of flavor exploration, meet with vendors to find out about new ingredients, and dig into trends. We also brainstorm the customer experience. With cold brew, for example, we want to give people a sophisticated experience, whereas with mocha coconut, a flavor we're reintroducing, we discussed whether we want customers to have an indulgent dessert experience, a relaxing vacation escape, or a morning energy boost. I learn something new every day."

"It's kind of funny—even away from the office, the first thing I want to do is find the local Starbucks and see what it's like."

**HOW TO BREAK IN:** Sundquist completed

# Coffee

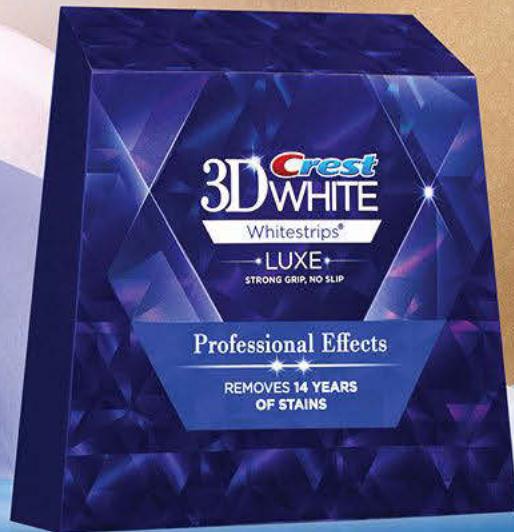
## MICHELLE SUNDQUIST

Lead beverage developer at Starbucks

three years of college as a drama major before leaving school to join Seattle's Best. She is now earning her certification in food science. She says that focusing on her path and gaining qualifications along the way—rather than delaying action until she felt like an expert—has helped her achieve her goals. "When you're passionate about something, don't be afraid to pursue that opportunity because you don't have the right degree," she says. "Break down your goal into little steps, and become an expert at each thing to get where you want to be."



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## OTHER JOBS FOR SPORTS LOVERS

1. Physical therapist
2. Sports journalist or commentator
3. Data analyst
4. Event organizer

"Even if you cross the finish line 50 times, it feels great. I love that our Rock'n'Roll running series gives people a sense of achievement and takes their fitness to the next level."

—MOLLY QUINN, SVP OF PARTNERSHIP SALES AT COMPETITOR GROUP

# Sports

## CHARLOTTE JONES ANDERSON

Executive vice president and chief brand officer for the Dallas Cowboys



"My family has always been involved in football. My father coached my brother while I cheered on the sidelines. I've also always loved fashion and producing shows, and oddly enough, I get to do both things in this job. The Cowboys are the only team in the NFL that does its own merchandising, which means we manufacture, produce, and retail everything. I've helped design a watch with Hublot and started a partnership with Victoria's Secret Pink. Half the fanbase is female, but breaking through the traditional image of football to push something as simple as a cuter T-shirt has been a challenge."

"More than 160 women work in our organization, and so many skill sets come into play, whether it's food, technology, or medicine. A pivotal point in my career was when I helped negotiate a partnership with the Salvation Army for our Thanksgiving halftime show. We've raised \$2 billion, which showed me how much our business decisions can affect fans. The best part of my job

is working for something that millions of people have a shared passion for."

**HOW TO BREAK IN:** Anderson often interviews women looking to work for the NFL. Whether new hires start in marketing and sales or write for the Cowboys' women-focused website, 5 Points Blue, the franchise values energy, innovative thinking, and teamwork. "A lot of people come here hoping to see a player walk down the hall," she says. "They're easy to weed out as opposed to people who want to develop their own talent."

"I work to select the music for films like *Twilight* and TV shows like *The O.C.*, *Gossip Girl*, *Grey's Anatomy*, and *How to Get Away With Murder*. It's a dream job since I grew up transfixed by rock and pop."

"When I went to the University of Illinois at Urbana-Champaign, I joined the group that brought acts to campus. That was the first time it occurred to me that music was a business. After college, I moved to Los Angeles and started working in the mail room of a talent agency—not the sexiest of professions but a pretty classic start in entertainment. After about seven months, I joined Broadcast Music Inc., a music-rights management company, as an assistant to the VP in the film and TV department. I organized meetings between composers and my bosses and learned about copyrights. I couldn't believe this job existed."

"When scripts for a show come in, I pitch the creative team songs to accompany scenes, or my team might suggest alternatives to songs in a script. Sometimes, we

license preexisting music, and on other projects, like the *Twilight* sequels, we work with artists to create original songs."

"The foremost consideration is how the music pairs with the picture to tell a story. Executive producers and directors make those decisions, and ultimately, it's not about your individual record collection or favorite songs. Working on a period show like *Mad Men* or a procedural like *Criminal Minds* expands my horizons. On *Scandal*, we go for great Motown classics."

"I still get a little thrill any time I license Radiohead. My work has reconfirmed my appreciation for the artists I listened to when I first got into music. I guess they're my first loves."

**HOW TO BREAK IN:** Collaboration is key, says Patsavas. "Many colleges have great film and media departments," she says. "The best way to learn is to work with a director and experiment. You'll learn how musical vocabulary works and understand what a director or producer is expressing when she says 'I want this to be aggressive' or 'I want this to be heartfelt.' That can mean something different for every person."

# Music

## ALEXANDRA PATSAVAS

Music supervisor

## OTHER JOBS FOR MUSIC LOVERS

1. Festival promoter
2. Talent booker for television shows
3. Audio engineer/music producer
4. Music service executive

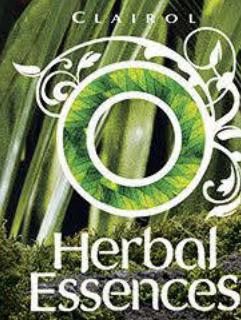
"I wake up excited about creating new ways to get our 1,400 employees to volunteer and how I can use Spotify to empower more people through music."

—KERRY STEIB, DIRECTOR OF SOCIAL GOOD AT SPOTIFY

## ALEXANDRA PATSAVAS



# TAKE YOUR HAIR TO PARADISE



HAIR THAT SMELLS AS GOOD AS IT FEELS

## MORE JOBS FOR DESIGN LOVERS

1. Video-game developer
2. Furniture maker
3. Digital-brand manager
4. Jewelry designer

"Part of being successful in my job is maintaining a curious eye. I travel the world to get new visual inspiration, which makes life exciting!"

—BLYTHE HARRIS,  
COCREATOR AND CHIEF  
CREATIVE OFFICER AT  
STELLA & DOT



DANIELLE ARPS

# Design

DANIELLE ARPS  
Interior designer  
for start-ups

"My undergrad thesis was in watercolors, and I minored in music. I played the jazz bass. My dad said, 'What are you going to do with that?' and he suggested that I go to grad school for

interior design at the Pratt Institute. I'm not good at starving, so it seemed like a good idea.

"I later landed a part-time job with a company I interned for in school, which led to a full-time position with Rita Konig, a former editor at *Domino* magazine who became a mentor to me. She taught me about color, styling, fabrics, and

accessories and helped me develop my own aesthetic. I've come to think of interior design as a 3-D sculpture. Like an art installation, design makes people feel a certain way about the space they're in.

"After briefly working at a midsize firm that specializes in high-end hospitality design, I decided to start my own company. I signed up with Homepolish, a company that matches individuals and businesses with interior designers. Through them, I designed offices for Codecademy and Sailthru. Soon, I got referrals to other start-ups.

"Most of my clients are just starting out, so I advise them to come to me before they sign a lease. I can advise them on building rules and codes. My job is to work with them when they're smaller until they have a budget that will allow us to design their space to the nines. For example, I worked with Gilt on their first office, a warehouse space that the founders wanted to have an industrial feel. Now we're planning their new Manhattan headquarters, which is going for midcentury modern glam.

"I love that my clients trust me, and it feels awesome when they love the end result. It makes my day to make their day."

**HOW TO BREAK IN:** One of Arps' big breaks came when a former classmate shared a Facebook post about the start-up General Assembly looking for an office designer. And many clients discover her work on Instagram. If you go into design, think of your social accounts and sites as unofficial portfolios. Keep them sleek and updated.



TABATHA  
BUNDESEN  
owner of  
Grumpy Cat

## "I TURNED MY CAT INTO A CAREER"

### "BEFORE GRUMPY"

Cat became famous, I was waitressing at Red Lobster and taking online courses in psychology. I'd hoped to go into counseling, but two months after I earned my degree, my cat took over my life. I had no idea Grumpy would go viral when my brother Brian posted a picture of her on Reddit—to me she looks like a

normal cat. But I suggested that we make a website so her admirers would have a place to go. It took me a year—and becoming an unreliable employee—to accept that managing Grumpy was a full-time job. You know, 'I can't come to work. I'm going to be on the *Today* show with my cat.' Or 'Sorry, I'm at South by Southwest with

Friskies.' Three years later, her fame is still a surprise. I take photos for Grumpy's books and her site in our at-home studio. I also spend a lot of time looking through contracts. Brian and I get a ton of requests to license Grumpy's image—and not all of them are PG. I've learned to ask questions and establish rules to protect the brand and keep Grumpy

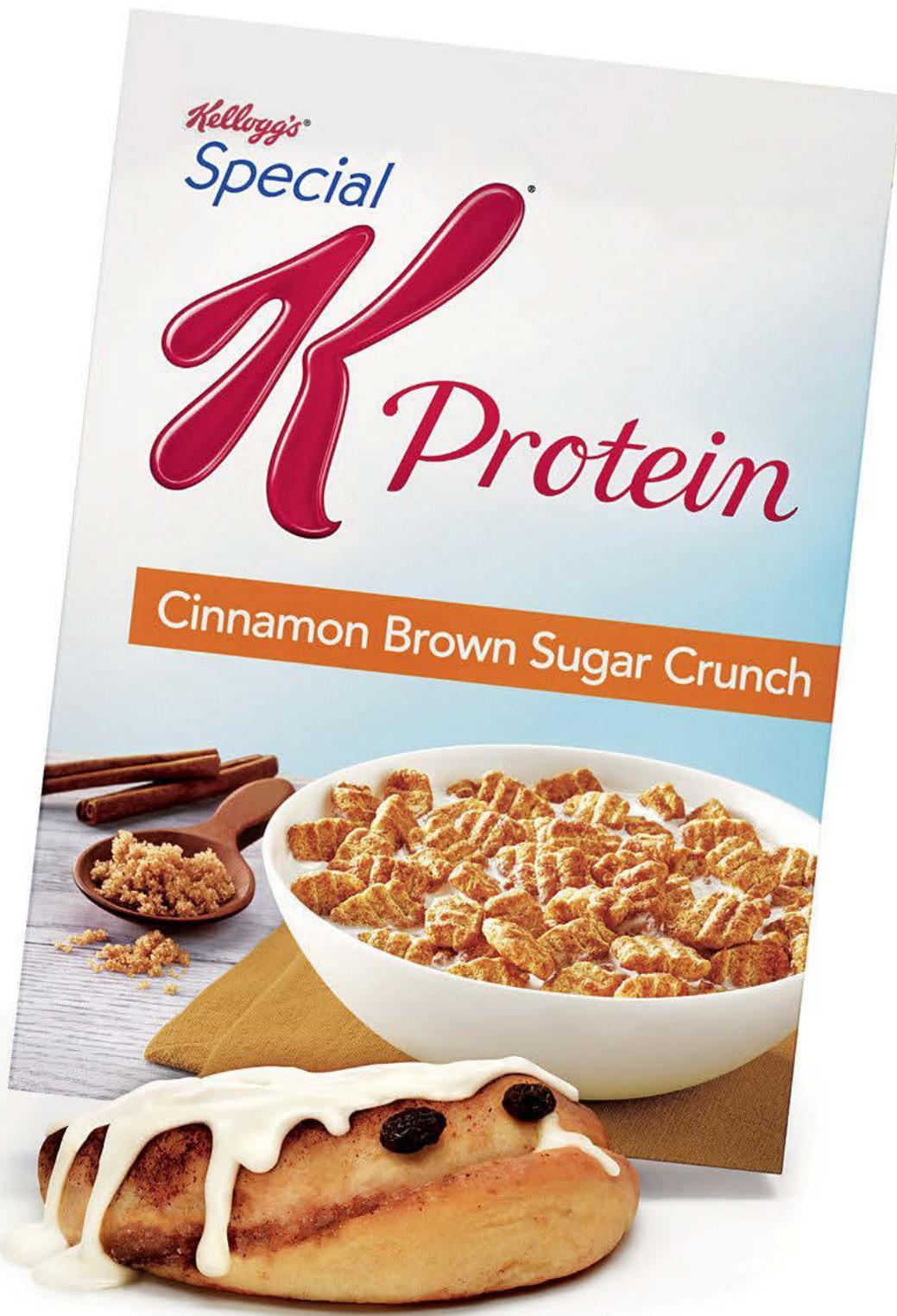
comfortable. At first, being the silent voice behind Grumpy Cat was intimidating. After all, who wants to be known as the Cat Lady? Then I realized that what we've done has driven up pet adoptions and helped charities, and I remember that what we do isn't about me. It's about Grumpy and all her fans."

—AS TOLD TO HELIN JUNG



BELLA THORNE  
for

**Miss Me**  
#LetYourselfShine



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# Reward Yourself!

"Are you a member of our rewards program?" is a question you hear at just about every store, when "How do you make rewards count?" is the question that really matters. **Alexa von Tobel**, CEO of LearnVest and author of *Financially Fearless*, has the answers.

**REWARDS PROGRAMS** have gotten super popular, and not just because customers love them. They exist to encourage brand loyalty and make companies—not you—more money. Think of rewards as a bonus for dollars you would be parting with regardless, not a reason to spend in and of itself! If you're using your points wisely, you shouldn't have to break your budget to get a sweet reward.

## CHOOSE THE RIGHT CARD

You might earn 5 percent back on gas and groceries with one card, while another favors travel. Review your spending to see what you shell out for the most (the Wallaby app also suggests the best card to use for a purchase). If you pay for rent and groceries by check or debit card, consider a rewards credit card instead—but only if you'll pay it off in full. Rewards cards may have high interest and fees, so carrying a balance can cancel out the freebies.

## WORK THE SYSTEM

Card issuers can be tricky. Some require you to activate your rewards regularly, putting the responsibility on you to earn back points. Other cards have a minimum spend amount you have to reach within the first months of enrolling to receive points. To meet these minimums, consider purchasing gift cards at places you shop at often, like Amazon or your local grocery store. Be wary of annual fees,

since banks like Chase and Citi offer several no-fee card options. A rare exception to that rule: A travel card with an annual fee of \$100 might earn you at least one round-trip flight a year, a true bargain.

## HAVE A GOAL IN MIND

To simplify the decision of which rewards card to use at any given time, set a goal that you want to achieve with your points. Dreaming of a Hawaiian vacation? Work up to your airfare by using a travel card, like the Starwood Preferred Guests AmEx or Chase Sapphire Preferred card, and cut back on hotel costs by joining a points program such as Marriott Rewards. Eyeing home goods? A cash-back card with fewer restrictions can help you work toward big-ticket retail items.

## DON'T LEAVE CASH ON THE TABLE

Roughly \$16 billion worth of rewards points and miles go unredeemed annually, according to a 2011 study from the research firm Colloquy. Many points do expire, so set a calendar alert when you join a program. The iPhone's Wallet app can trigger rewards automatically when you use Apple Pay. And Points.com tracks your loyalty program balances and allows you to exchange points between programs or even trade points with other users. Don't let your earnings evaporate! ■

# You Screwed Up. Now What?

BY MELANIE MANNARINO



**STUMBLE-INA**  
After winning at the Oscars, Jennifer Lawrence falls hard (and we all fall harder for her).



**SLIP AND SLIDE**  
Katy Perry takes the cake for the sweetest on-stage tumble.

HERE'S THE THING about fails: Whether you've just gotten fired (work fail), completely blanked on an acquaintance's name at a party (social fail), or say, tweeted potentially offensive quips to your millions of Twitter followers (social media–career fail), it always feels like an epic blunder. (Unless you're Charlie Sheen or Donald Trump, who have elevated ignoring their mistakes to an art form.)

You can blame that heaping dose of humiliation on evolution, explains Brenda Bauer, a psychologist and psychoanalyst in NYC. "Humans are social beings, and we get a fair amount of our self-esteem from the tribe." And if we think the tribe disapproves of our behavior, we panic. There's even a term for that pit-in-stomach, full-face-flush feeling: narcissistic mortification. Put simply, says Bauer, "You feel like you've just died."

sip  
focus  
take two



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up  
up  
up



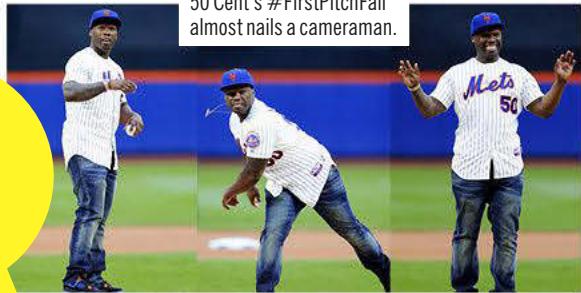
# WORK

**BUSTIN' OUT**  
Nicki Minaj nearly slips a nip after a quick change.



MAKE IT A WIN

**FOUL BALL**  
50 Cent's #FirstPitchFail almost nails a cameraman.



## THE FAIL

At a group business dinner, your coworker makes a joke and you joke back, "Good one, Tubby." Only after the table falls silent do you realize (a) "Tubby" is not the meaningless term of endearment you and your college pals used to use it as, and (b) your coworker is, in fact, obese.

## THE FIX

Immediately apologize, says Bauer: "Do not make additional jokes to cover up the first one. Accept that you've created this bad experience you're having." Keep your words short and sincere. "Look the person in the eye and say 'I don't know where that came from; it was inexcusable.'" Then take a drink of water while the group moves on—but don't run from the table. When you fail like this in front of a group, Bauer says it's key to follow up privately afterward with a call to the person you've offended, "so it doesn't look like you were just sculpting your PR for the others who were there."

## TAT TYPING

Life imitates body art? Hayden Panettiere's #NoRegrets ink is misspelled.

## THE FAIL

You flew into a rage last night at the bar, yelling about bad service and tossing your half-finished vodka soda at the bartender. Your friends were mortified...and today, you are too.

## THE FIX

A good first step is to apologize for your behavior. If you know you embarrassed your friends, tell them so. Then, says Bauer, take a big step back and don't make yourself the center of attention. No need to bring it up again once you've apologized. In fact, she says, stop feeling guilty—it's done. Consider your epic fail part of yesterday's news cycle, and move on.

## THE FAIL

Your observation about Caitlyn Jenner's latest wardrobe surprise seemed clever as you typed the tweet, but it only takes seconds before you're getting shamed for intolerance. That's totally not what you meant!

## THE FIX

Start typing—fast. "There are a lot of tools you can use to make up for a mistake, but some of it comes down to momentum," says Hiltzik. Bauer advises total honesty: "Acknowledge that you failed—you tried to make a joke, it didn't come out right, and you're sorry." And leave Ms. Jenner out of your tweets going forward, so as not to remind people of your earlier mistake.

As if we're not hard enough on ourselves, our connected, 24/7 news-feed world makes it easy for others to jump on the public-shaming bandwagon—meaning yes, everyone might be obsessing as much as you are, if only for the few seconds it takes to forward a link. Even "private" fails aren't private, when a snapshot of regular, noncelebrity you emerging from the crystal blue waters of a Caribbean beach with your bikini bottoms askew can go viral in minutes.

"With so many more platforms for communicating than ever before, it increases the speed at which a fail can spread," says Matthew Hiltzik, founder of Hiltzik Strategies, a corporate and crisis communications firm in New York City. "Plus there's a presumption that people should know better."

## SHIFTING BLAME

But should you really know better? Megan McArdle, author of *The Up Side of Down: Why Failing Well Is the Key to Success*, is willing to cut us all a break. "We underweigh the role of luck," she says. "We overpersonalize our failures, thinking we are bad

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# WORK

or stupid or that we don't have what it takes to succeed. And while it is very rare to see a failure in which a person didn't make at least one dumb decision, some people make mistakes and nothing bad happens." McArdle offers a simple math equation: mistake + bad luck = failure. "It's always about coincidence."

To follow the equation through: You may have made a handful of mistakes, but it's the one your boss catches that could cost you your job. It's the same with social fails. Naturally, you have acquaintances whose names you can't recall on demand, and it's bad luck if you're forced into introducing one you should remember to your new boyfriend at a party. And there are thousands of inappropriate tweets, posts, and comments sent out into the world every day (every minute?)—it's a combination of who you are, what you said, when you sent it, and who read it that can get you into trouble.

McArdle's advice: "Give yourself permission to suck," she encourages. "Know that when you're failing at something, you are also learning to do something better—whether it's that same thing or something else."

## FLIP THE SCRIPT

No matter how badly you've messed up, there is a way to redeem yourself, says Hiltzik, and even to spin your blunder into a win. First, consider your own reputation (at the office, in your alumni clique, online). "Ask yourself: How deep

is the preexisting reservoir of goodwill? How deep is the reservoir of hate? Is this repeat behavior?" he says.

In other words, if you're a first-time offender and people generally like you, your odds of turning around your flub are excellent. Hey, even if you've got a fairly healthy group of haters—hi, Gwyneth—your post-fail actions can help spread amnesia in your peers. Remember the massive outcry over her use of "conscious uncoupling" during her split with Chris Martin? Yeah, we barely remember either. That's a win. She turned that epic fail around by just moving on.

"Part of succeeding is identifying when to stop trying," says McArdle. If you can get past your mistake, others should also be able to. "The public is generally very forgiving," says Hiltzik. (And yes, your friends and family are considered part of the public.)

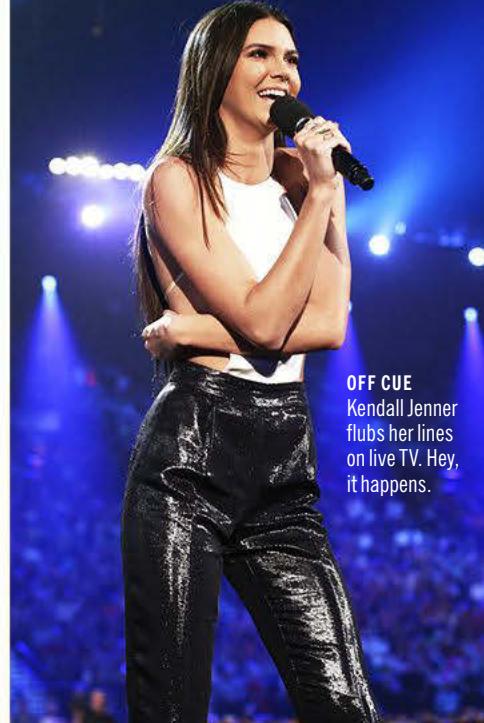
Once people have gotten over it, you can flip the script and come out ahead. "Adversity sometimes breeds opportunity," says Hiltzik. Humor and self-deprecation can often fast-track forgiveness. Just look at Justin Bieber. "By agreeing to a Comedy Central roast, he owned his gaffes and took them back," says Bauer. "He let

others make fun of his immature mistakes, and he got an enormous amount of media buzz for it." Bieber's win? A new audience of potential fans who respect his ability to laugh at himself.

Once the flush of humiliation drains from your face and you've made sincere apologies where necessary, step back and see what you've learned. "Challenges are opportunities to learn to do something better," says McArdle. "None of us are born knowing how to do things. We learn by failing." ■

## MATERIAL GIRL HAZARDS

Madonna's cape drags her down mid-performance.



OFF CUE  
Kendall Jenner flubs her lines on live TV. Hey, it happens.

## FAIL CONFESSIONS + LESSONS

"I showed up for my first styling job—a music video—with one trench coat. That's all the client needed...so I'd thought! But the coat drowned him. His publicist snapped two fingers in my face, telling me, 'Always have options, sweetie. Now go out and get some before you cost us more time and money.' I learned to give people more than what they expect from you!"

—JUNE AMBROSE,  
CELEBRITY STYLIST

"I'd made a béarnaise sauce upon request for a very famous guest. When it came time to serve, the butter had parted ways with the sauce. I wanted to crawl in the fridge and hide! I was able to collect myself. I stopped, thought, and whisked in a simple splash of warm water. The sauce came back together."

—STEFANIE DOLSON,  
2016 OLYMPIC  
BASKETBALL HOPEFUL



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94%	What paws are for



### MADE WITH

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# "I NEED CLOTHES FOR WORK BY DAY AND FOR SCHOOL AT NIGHT"

GUNJAN BANERJI wasn't sure journalism was the right profession for her until tragedy struck at the Boston Marathon two years ago. "My friends and I really found solace in watching the news," she says. Her renewed passion led her to seek out an internship at a financial news publication, *Debtwire*, where she was hired on full-time last year. She also enrolled at the Columbia University Graduate School of Journalism to expand her network and get hands-on experience with tech innovations in the field. "I need an outfit that will present me well at work and school, that maybe I can also wear out," she says.

To take Gunjan from the gym in the mornings to the office and class in the afternoons and evenings, Cosmo stylist Adam Mansuroglu outfitted her in a sleek suit with a bold print. A saddlebag keeps her must-haves safe, and mid-heel pumps save her feet. Grace Lee, makeup artist for Maybelline New York, suggests pairing a defined brow with gloss or matte lipstick in a shade slightly darker than your natural lip color for a subtle pop.



**GUNJAN BANERJI**

AGE: 25  
CITY: NEW YORK, NY  
CURRENT GIG: FINANCE REPORTER AND GRADUATE STUDENT  
DREAM JOB: MULTIMEDIA JOURNALIST

JACKET, \$128, PANTS, \$79.90, Express, express.com. SHIRT, \$69.50, BAG, \$118, Ann Taylor. SHOES, Ivanka Trump, \$135, similar styles available at zappos.com. NECKLACE, Gemma Redux, \$258, gemmaredux.com. RING, Giles and Brother, \$70, amazon.com/fashion



## ANYWHERE BAG

*A simple black purse with silver accents balances out statement-making prints and patterns—and can double as a chic going-out purse.*

**CROSS-BODY BAG, \$178, DKNY, Bloomingdale's**



## ALL-DAY IMPACT

*A hint of lip color and a well-groomed brow project a relaxed but polished look.*

**MAYBELLINE NEW YORK**  
Eye Studio Brow Define + Fill Duo, \$8, and Color Elixir in Intoxicating Spice, \$9, drugstores



## BAUBLE BURST

*Mixed-metal bracelets are polished enough for work and fun accessories for school.*

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## LEG UP

*Ditch the classic black pump for a heel with a chic ankle strap to add stability on the go.*

**SHOES, \$89, Nine West, ninewest.com**



## POWER COAT

*The leather-look trench provides a fierce, tailored silhouette. The marsala red color makes it fun.*

**TRENCH COAT, \$178, Express, express.com**



## MIST MAGIC

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# hotlist

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# HOROSC



BY AURORA TOWER  
@AURORAASTRO

Venus moves direct again on the 6th, after a long retrograde spell. Smoother sailing is ahead, but eclipses on the 13th and 27th encourage thoughtfulness. When Mercury goes retrograde on the 17th, tread lightly with your nearest and dearest.



09.23–10.22

Your ruler, alluring Venus, finally goes direct on the 6th, and the Sun will move into your sign on the 23rd. Make a lasting change with someone or something important when the lunar eclipse falls in your zone of relationships on the 27th.

**YOU NEED:**  
To be direct and go after what you want!

**THE LIBRA GUY:**  
Help him through major life changes by being your warm, sensible self. He'll never forget it.



10.23–11.21

Negotiating a tricky career move may have left you frazzled. Clarity's ahead after the 5th, when the Sun forms a perfect trine to your ruler, powerful Pluto. Stay cool if you butt heads with a friend on the 25th.

**YOU NEED:** To keep an eye on your cash flow.

**THE SCORPIO GUY:**  
Work has made him less attentive than usual. When the coast clears around the 13th, show him what it really means to be tied up.



11.22–12.21

The New Moon solar eclipse in your career zone on the 13th will introduce exciting opportunities for growth that complement your new goals. When practical Saturn moves into your sign on the 17th, you'll know what to focus on.

**YOU NEED:** To balance your natural optimism with realism.

**THE SAGITTARIUS GUY:**  
He's way into surprises now. Send him on a scavenger hunt to your most stimulating regions.



12.22–01.19

Who says gold stars are only for grade schoolers? On the 9th, glittering praise from higher-ups may cement your celestial status. Make sure your online presence is up to snuff when a second wave of attention hits on the 25th.

**YOU NEED:** A blog, Tumblr, or Insta upgrade.

**THE CAPRICORN GUY:**  
He's pining for a getaway with just you. Scour the interweb's deals and pack light—you won't need much clothing.



01.20–02.18

A financial breakthrough you're seeking may arrive! Look for answers around the 8th, when your ruler, independent Uranus, forms a trine with take-charge Mars. Indulge lightly on the 22nd, a potentially very satisfying day.

**YOU NEED:** To skip town toward the end of the month!

**THE AQUARIUS GUY:**  
All distractions are out now—except for any you dream up. Blindfold away!



02.19–03.20

Someone sexy might catch your eye close to the solar eclipse in your zone of relationships on the 13th. Turn up the heat with your new—or rekindled—flame around the 24th, and present a fresh pitch at work near then.

**YOU NEED:** To date beyond your usual type.

**THE PISCES GUY:**  
He's been bitten by the love bug—hard. Revisit your early days with candles, kisses, and lingering caresses.



03.21–04.20

You'll be at the top of your game around the 1st, when your ruler, go-getter Mars, unites with harmonious Venus. After the 23rd, your attention will shift to friends, family, and *lovahs*. The Full Moon lunar eclipse in your sign on the 27th will be a magical night.

**YOU NEED:** To eat well and stay energized.

**THE ARIES GUY:**  
He's juggling new responsibilities. Lessen his load by initiating more of the action.

## LIBRA

## SCORPIO

## SAGITTARIUS

## CAPRICORN

## AQUARIUS

## PISCES

## ARIES

# OPEN

Blake Lively's understated sexiness and earthy charm are oh-so Virgo. August 25, 1987



04.21—05.21

Consider taking things to the next level with someone special after the solar eclipse in your house of true love and romance on the 13th. A grand gesture might be in order on the 22nd—an incredible day for romance.

**YOU NEED:** To trust yourself.

**THE TAURUS GUY:** Two-a-days in the gym have him feeling himself à la Nicki and Queen B. Help him get squeaky clean with a steamy shower at home.



05.22—06.20

You can't see your future with 20/20 vision right now—and that's okay! After your ruler, clever Mercury, goes retrograde on the 17th, sketch out a new path for yourself. After a little reflection, the future will look so bright, you're gonna need shades.

**YOU NEED:** To surround yourself with only meaningful things.

**THE GEMINI GUY:** He wants to be big spoon! Curl up close this month for warm, lazy loving.



06.21—07.22

Romance may find you on the 5th when the Sun forms a trine to Pluto in your zone of relationships. Feather your nest with a fresh set of luxurious sheets after the 23rd, when the Sun slips into your zone of home and family.

**YOU NEED:** To strike a balance between quiet time and party time.

**THE CANCER GUY:** Cut Mr. Busy some slack if he's been MIA. A group dinner with all your mutual friends will help him catch up.



07.23—08.22

After Venus starts moving direct again on the 6th, stop gripping your stress ball! Plan a trip with your crew close to the Full Moon lunar eclipse on the 27th for some much-needed relief.

**YOU NEED:** Fresh perspective on matters of love and money.

**THE LEO GUY:** He's been flakier than a croissant lately. When his head is back in the game after the 6th, let him know you prefer it when he's the bagel to your spread.



## VIRGO

08.23—09.22

**Stellar gifts:** Keenly observant and sensitive to your environment, you can fit in anywhere, anytime.

**Blind spots:** Your thirst for perfection can sometimes make others feel like they'll never measure up.

**Fashion faves:** High-low clothing and accessories that ride the line between edgy and classic.

**Indulgence:** An overseas adventure where you can totally unplug and unwind.

**Seduction style:** The queen of subtle flirtation, you bond with your crush over shared interests. Then once they're in deep, fully deliver on all those unspoken promises.

**Your month:** With two eclipses on the horizon, it's a big month for you, Virgo! When Venus comes out of retrograde on September 6th, you'll gain clarity about a personal matter that has confused the heck out of you all summer. A solar eclipse in your sign one week later on the 13th will leave you feeling even more prepared to start a new chapter in your life—just in time for a financial upswing after the 23rd. Go all in on a big dream!

**Your year:** Your focus has been razor sharp in 2015, and you've figured out exactly what you want. Playing by the rules at work has always been beneficial for you, but now is the time to push your creative impulses to the max. Don't be afraid to stand out—and that goes for romance too! December and February are shaping up to be unseasonably steamy....Plan an adventure where you can really let loose, then channel that energy back into the office.

**You need:** To prepare for big changes and a bright future.

## BEST MATCHES

**Cancer:** You make a loving, intuitive, and empathetic team.

**Scorpio:** A passionate pair, you're deeply private, sexual people who bring out the best in each other.



# TAURUS GEMINI CANCER LEO

CLOCKWISE, FROM TOP LEFT: COURTESY DANIEL S. DUNNAM; GETTY IMAGES; JEFF KRAVITZ/FILM MAGIC

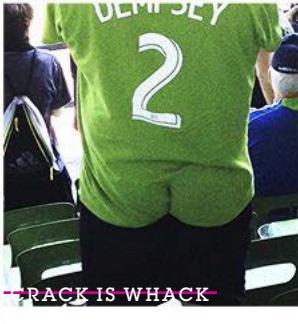
# bitch it out!

CRAZY SITUATION WORKING YOUR LAST NERVE? VENT HERE!



DOGGIE DON'T

"Even if you think your dog belongs in a store, it certainly shouldn't be on the checkout counter." —ERIN S., 25



"Every time this guy stood to cheer, I wondered how deep his butt crack is. And why he couldn't feel his shirt in it." —HANNAH N., 26



OH, BABY!

"Just casually changing her kid's diaper in the middle of the carnival." —GRACE P., 18



"A baseball game isn't the time or place to put your bare smelly feet by my face." —MARISSA M., 21

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### COVER

NAEEM KHAN, [naeemkhan.com](http://naeemkhan.com). DYLANLEX, [dylanlex.com](http://dylanlex.com). KNIGHT\$ OF NEW YORK, [knightsofny.com](http://knightsofny.com). NYC NEW YORK COLOR, drugstores.

### SUBSCRIBER COVER

ALEXANDRE VAUTHIER HAUTE COUTURE, [alexandrevauthier.com](http://alexandrevauthier.com). SYDNEY EVAN, [sydneyevan.com](http://sydneyevan.com). REBECCA MINKOFF, [rebeccaminkoff.com](http://rebeccaminkoff.com). YEPREM, Bergdorf Goodman.

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# COSMO QUIZ

## HOW FLAKY ARE YOU?

BY ANNA BRESLAW

I'D LOVE  
TO HANG  
BUT...

### MOSTLY As: Death Before Flaking

You are as dependable as FedEx and won't miss a drinks date even if it's inside an active volcano. But before you shit-list a friend for flaking, remember: It's okay for you to say no sometimes too. Respectfully canceling plans, in advance, won't send you to hell on a Segway.

### MOSTLY Bs: The Neurotic Semi-Flake

You're hyperaware of people's feelings. Sometimes, you'll flake because of so-called "hints" that the other person doesn't feel like meeting up. Don't overthink it. Just because she says she's tired doesn't mean she's trying to weasel out of your wine date.

### MOSTLY Cs: Flakier Than a Pillsbury Grand Biscuit

Weddings? Funerals? If you don't feel like it, you won't go. Props for taking time for you, but you don't want to be the Girl Who Cried Emergency. Maybe you flake a lot because you say yes to too many things. The fix: Don't overbook and you won't over-bail.

1. As far as you're concerned, plans made while drunk are...

- A. As firm as a Real Housewife's boobs.
- B. Meant to be felt out on Gchat the next morning when you're both hungover at work.
- C. Wait, why? Did we make plans last night?

2. You run into an annoying satellite friend at a party and let her strong-arm you into making a wine date for the following week. What's your next move?

- A. Sigh. Practice my fake smile for when she inevitably scrolls through a zillion shots of her pug.
- B. Promptly cancel two days later via e-mail. Neither of you really wanted to meet up, right?
- C. Text her 20 minutes before your meeting time and tell her you ate some bad half-price sushi for lunch.

3. For you, what constitutes an emergency?

- A. Someone's house is burning down. Or no, the actual person would have to be on fire.
- B. There's a tornado watch—two states away, but, like, it's coming for us!
- C. A chip in your gel manicure. Sorry, guys, all plans are off.

4. What's your tolerance for the flakiness of others?

- A. Zero. In fact, I'm starting a nonprofit for flakiness prevention.
- B. Eh, what can you do? They probably just didn't want to see me.
- C. Just text me before I've left my house and we cool.

5. Have you ever pulled identical faux excuses on the same person?

- A. No way—I always show up. No excuses.
- B. Probably, but I have chronic migraines. No, seriously, I do!
- C. Sure. I just have to remember that she thinks I have an Aunt Tilly who has strokes like it's a hobby.

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THAT INSPIRE  
US TO GO.



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